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TIME TO CLOCK UP THE MILES - TRAINING GUIDE INCLUDED**

December 2014 £2.99

Running fitness

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**Chilly prep for strong
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*Banish shin splints
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BREATH;**
you're improving
your performance!



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CAREFULLY:**
10 STEPS TO SAFER RUNNING



**EMBRACE
THE DARK**
5 BEST
NIGHT
RUNS

**STRENGTHEN
YOUR CORE**
**TRAIN SMART
WITH TRX**

XMAS GIFTS

**SEE PAGE 54 FOR
FESTIVE GOODIES**



NIKE FLASH

BE SEEN.



01. NIKE AIR ZOOM
STRUCTURE 18 FLASH

02. NIKE
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- 01. NIKE MEN'S AIR ZOOM STRUCTURE 18 FLASH - QR: 89256 - £110
- 02. NIKE MEN'S FREE 5.0 FLASH - QR: 89265 - £100
- 03. NIKE MEN'S LUNARGLIDE 6 FLASH - QR: 92839 - £105
- 04. NIKE MEN'S ZOOM PEGASUS 31 FLASH - QR: 89242 - £95

PRO-DIRECT RUNNING PRESENTS NIKE FLASH PACK

This season's incredibly popular Nike Flash Pack has arrived featuring the reinvented Structure 18 and the continually outstanding Free 5.0. The overhauled Lunarglide 6 continues to impress, while the iconic Pegasus is now at number 31. With highly-reflective and water-repellent uppers, they are the must-have running shoes this winter.

STRUCTURE 18 FLASH £110
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NIKE WOMEN'S



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QR: 89309

NIKE WOMEN'S



£100 **LUNARGLIDE 6 FLASH**
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NIKE WOMEN'S



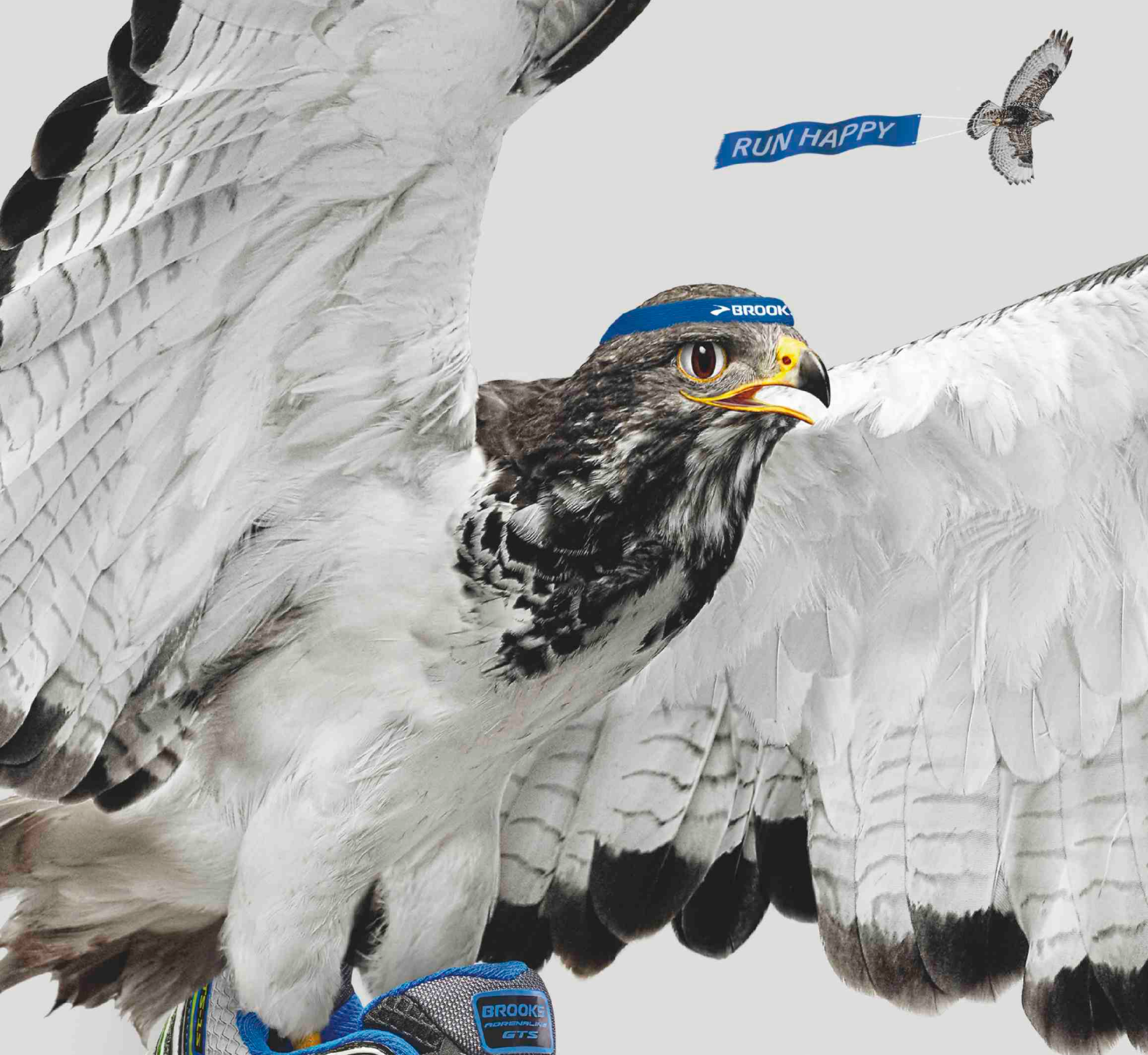
£105 **PEGASUS 31 FLASH**
PRO PRICE QR: 89290 **£95**
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RUN HAPPY



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in the perfect blend of stability and comfort



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THIS MONTH'S CONTRIBUTORS



Sarah Russell: Don't let the dark put you off running this month, Sarah's top 10 safety tips are practical and if followed, will give you the confidence to beat the winter nights.

Page 49 ►



Steve Barrett: Think TRX suspension training is just for gym bods? Think again. Not only is suspended training great for runners looking to build core strength, it's ideal for the winter months.

Page 70 ►



Evie Serventi: Running isn't just about putting one leg in front of the other, it's just as important to think about how you're breathing. Evie looks at the science behind a better breathing technique.

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Welcome

I read a poignant article about the importance of being patient; after all, it is a virtue (they say). The lesson can be so easily translated into running, and looking back, I realise it's something that has taken me an awfully long time to come to terms with. For ages I was frustrated with my own perceived lack of progress; in fact this negative emotion sometimes even held me back from wanting to run. At the time I felt the most important things were dedication, a solid training plan, and time on my feet. Now looking back, I think the most important thing is patience. The best runners have the patience to maintain their running even when the weather gets cold, or after suffering a setback, or when their goal seems so far away.

I've thought about this lesson this month, as the weather gets a few degrees colder and the days become shorter. I might not be ready to take on a marathon just yet, but I'm edging ever closer to my own personal goal, and I'm not going to scold myself if it doesn't happen next month. I'm going to be patient.

There are those amongst us who are ready to tackle 26.2 miles next year however, and we've had some lovely feedback from readers who enjoyed part one of our marathon guide feature last

month. You'll not only find our second instalment inside, but we've also got some great winter training tips to keep you on track and ensure that you'll be at your fittest and strongest ready for the new season. And if that's not enough, we've started the festivities early and rounded up our favourite fitness-related products perfect for running fans in our six-page Christmas gift guide. There's no excuse to be stuck for ideas after reading our selection!

Stay safe with our top tips for night-time running on page 49 and be inspired to tackle the dark with our top five night run events for next year on page 82. There's also the chance to be a *Running fitness* roving reporter.

Finally, don't forget that you can ask our team of experts any running-related questions you might have. From training plan disasters, to niggling injuries, there's nothing our experts haven't come across. You can email the team at rf.ed@kelsey.co.uk or find us on Facebook and Twitter. We love to read what inspires you, so keep those letters coming in. Happy running.

Natasha

NATASHA SHIELS, EDITOR

P30 ASK THE EXPERTS *our team tackle all your running-related questions*



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**SIX-PAGE
ULTIMATE
CHRISTMAS
GIFT GUIDE**

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Find your perfect race

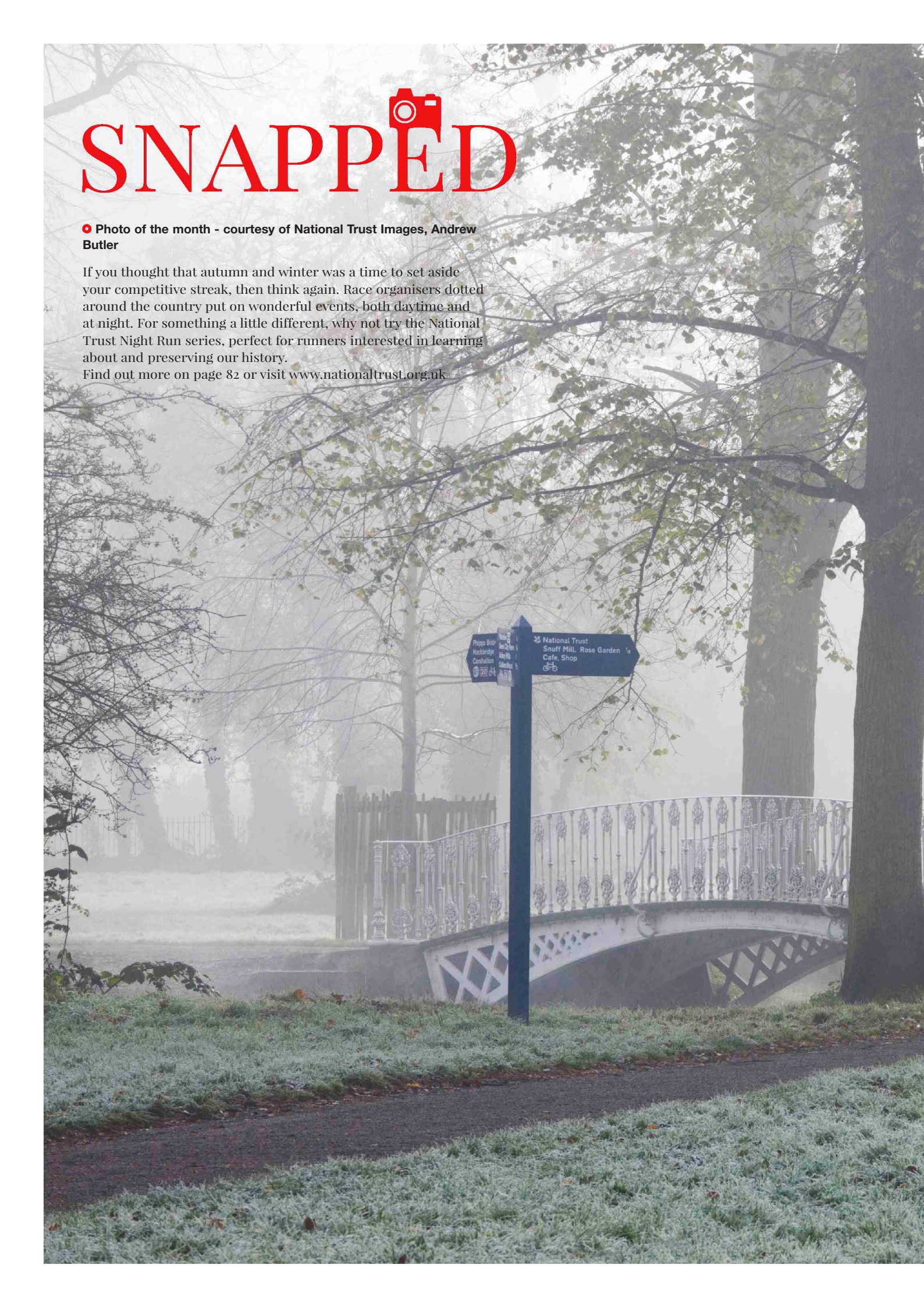
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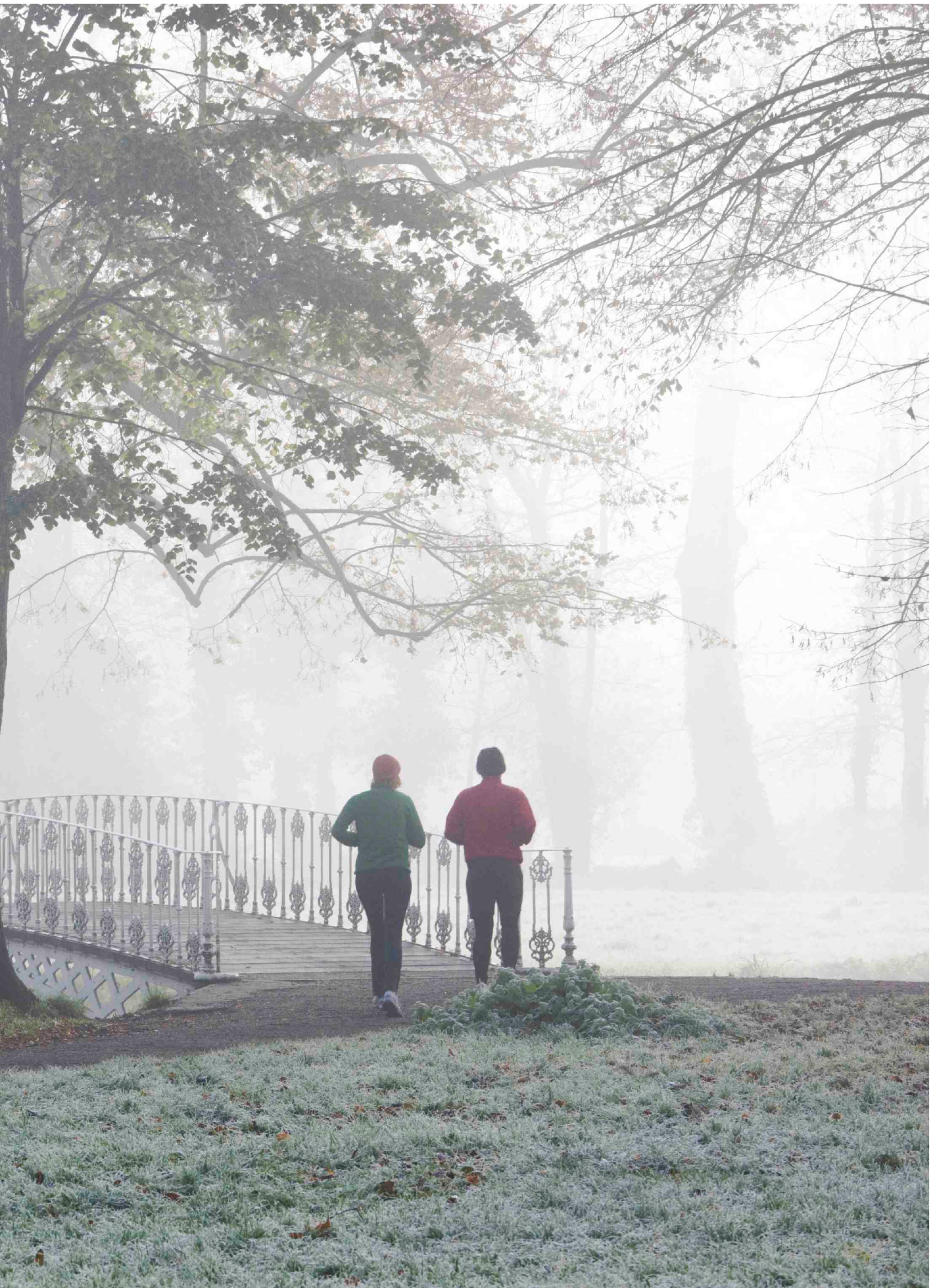
A misty autumn scene with a bridge and a signpost. The background is a soft-focus landscape of trees with some green and some yellowing leaves, shrouded in a light mist. In the foreground, a dark path leads towards a small bridge with ornate metal railings. A blue signpost stands on the path, pointing towards various locations. The word 'SNAPPED' is written in large, red, serif capital letters at the top left, with a red camera icon integrated into the letter 'P'.

SNAPPED

📷 Photo of the month - courtesy of National Trust Images, Andrew Butler

If you thought that autumn and winter was a time to set aside your competitive streak, then think again. Race organisers dotted around the country put on wonderful events, both daytime and at night. For something a little different, why not try the National Trust Night Run series, perfect for runners interested in learning about and preserving our history.

Find out more on page 82 or visit www.nationaltrust.org.uk



WE WILL BEAT CANCER SOONER

We're the official charity of the
2015 Virgin Money London Marathon.

If you bagged a place through the official ballot
join our team at cruk.org/marathon

We have plenty of alternatives to pick from

**Brighton
Marathon**

12th April 2015

**Paris
Marathon**

12th April 2015

**ASICS
Greater
Manchester
Marathon**

19th April 2015

**Edinburgh
Marathon**

31st May 2015

Visit: cruk.org/spring-marathon

Call: [0300 123 5461](tel:03001235461)



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OUR READERS
SHARE THEIR
THOUGHTS

Postbox

Letter of the month

Running my first half

I am running the Great Birmingham Bupa run and have been following your half marathon schedule (published October 2014) for the last six weeks. I found this plan really works for me with the mix of cross and running/strengthening work. I wish I had bought the magazine earlier. Madly, it was the first running magazine I had ever bought, even though I have been training for this half marathon since beginning of May. It gave me lots of helpful advice and reassurance. I bought myself some of the gels, and I find they deliver a much needed turbo boost after 45 minutes of running.

I am 36 and had never run before this. I didn't even do any kind of fitness activity. I just suddenly felt the need to do a personal challenge (inspired by *Run Fatboy Run*).

Ticking lots of boxes, other than just being a massive personal challenge, I wanted to lose some weight, become fitter and raise money for charity. I am not expecting to set any world land-speed records – my aim is to make it around without keeling over – ideally within three hours. I have had lots of niggles, run through flooded country lanes and driving rain, and have learnt every meal NOT to eat before a run.

Key learning: get sports massage from day one of training every two weeks. I did not do this and am now shuffling around due to trapped lactic acid in my shoulders. Despite all of that, it's been a journey I would never have missed out on. I am determined to not get freaked out and instead keep focused on putting one foot in front of the other. Wish me luck!

Louise McIntock-Peasley



Rediscovering running

I purchased your October magazine yesterday and felt compelled to write to comment about what a great read it is!

I am 36 and have recently just started running. I always enjoyed cross country as a child, but stopped running after leaving school.

Now, on a mission to get fit and tone up, I have recently achieved my goal of being able to run for 30 minutes, albeit slowly! I'm now determined to increase my speed and to reach 5k, which feels like a huge achievement as when I first started I couldn't jog for more than a few minutes. I'm even planning on signing up for my first 5k!

I have read other running magazines and found them somewhat repetitive. However, I have thoroughly enjoyed your magazine which has so many interesting

and inspiring articles. Can't wait for November's magazine!

Lea, via email

Running without gadgets

At Absolute Running we regularly advise our customers that chasing Strava segments or Map my Run splits (other apps available), can be counter productive to finding an elusive PB. Whilst we recognise the sense in taking a mobile phone on longer, off the beaten track runs for safety reasons, we also know too well from experience that if you have an app with you, it is all too easy to subconsciously chase times when often all that is required is to relax, enjoy your surroundings and go with the flow.

Some of our best runs have been without aids when the self-induced pressure is off. How many people do we

know who can train effortlessly but struggle as soon as a chip timer or starting gun goes off? And of course, those languid, steady runs are sometimes essential for our bodies and soul.

It's difficult in today's data crazy era to enjoy our sport and not want to log absolutely everything we do, but sometimes it really does benefit someone to leave the 21st century behind and enjoy a simple pleasure.

Great magazine. Our customers enjoy reading it over a coffee when they drop in.

Nick Carter (Absolute Running, Gosport)

Send your thoughts on all things running to:

Natasha Shiels, editor, Running fitness magazine, Kelsey Media, Cudham Tithe Barn, Berrys Hill, Cudham, Kent TN16 3AG or contact by email on: rf.ed@kelsey.co.uk

The letter of the month wins a Brooks jacket and a pair of running shoes
In association with www.brooksrunning.co.uk

BROOKS



News bites

Winter tips to fight colds



Health and hygiene expert **Dr. Lisa Ackerley** helps runners keep healthy during winter with these top tips:

- **While sharing is caring**, resist the urge to share soap or deodorant sticks
- **Buy your own water bottle and clean/disinfect between use.** Use a dishwasher if your bottle is heat resistant (a glass water bottle is preferable)
- **Practise good hand hygiene.** Use an antibacterial wash that contains moisturiser to protect hands during the colder months
- **Wipe gym equipment with disinfectant wipes before starting your workout.** Always take your own gym towel to class or paper wipes.



Cherry juice benefits gout sufferers

A new study by researchers at Northumbria University found that drinking a small amount of Montmorency cherry juice significantly reduced levels of uric acid in the blood and increased uric acid levels in urine, indicating that the body was quickly excreting it. This could be great news for those with gout, a painful condition where uric acid crystallises in the joints. Try CherryActive (www.cherryactive.co.uk).



WOMEN WITH HEALTHY LIFESTYLE CUT STROKE RISK

New research by a Swedish team who compared over 31,000 women found that those who could tick off five health factors had a 54 per cent lower risk of stroke. The five factors that make up a healthy lifestyle include a healthy diet (defined as within the top 50 per cent of a recommended food score measuring how often the participants ate foods such as fruits, vegetables and low-fat dairy products), and physical activity (defined as walking or biking at least 40 minutes a day along with more vigorous exercise at least one hour per week).



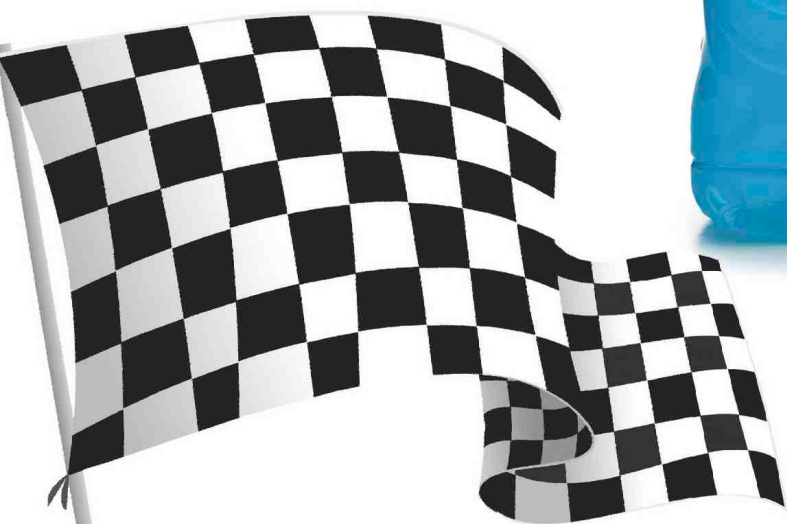
Deena Kastor won the London Marathon in 2006

WORLD RECORD BREAKERS

DENNIS KIMETTO of Kenya ran 2.02:57 in the Berlin Marathon on 28 September 2014, and became the first person to run 26.2 miles faster than 2:03, shattering the existing record by 26 seconds. This had been set only a year ago in Berlin by a fellow Kenyan, Wilson Kipsang.

DEENA KASTOR, 41, set a masters WR in the half marathon, finishing the Rock 'n' Roll Philadelphia Half Marathon in 1.09:36. Her time was 20 seconds faster than the mark set by Irina Permitina of Russia in 2008. Along the way, Kastor also set three more masters' world records at 15k (49.03), 10 miles (52.41) and 20k (1.05:52). She also broke her own American masters half marathon record of 1:11:38. Impressive stuff!

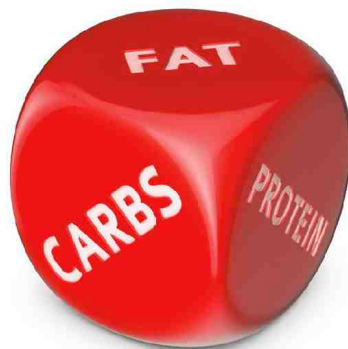
IMAGE MARK SHEARMAN



Formula One track racing - on foot!

What started as a jogging idea in 2009 called 'RunThatTrack', has become a competitive craze among the F1 community that sees joggers (alone or in a group), run around the circuits where F1 holds its Grand Prix races. 'RunThatTrack' draws together the community of mechanics and drivers, as well as anyone with a track pass. In 2011, the Formula One sponsor UBS offered to pledge \$100 to the Make-a-Wish charity for children, and at the Belgian Grand Prix in August, the paddock celebrated passing the \$1m mark raised for the charity.

UP FRONT



THE MORE PROTEIN/ LESS FAT DEBATE

Eating more protein and less fat reduces daily total energy intake, according to new findings published in *Public Health Nutrition*. The effect is substantial. A 10 per cent increase in protein intake with a 10 per cent drop in fat reduced men's daily total calories by 26 per cent (normal weight); 28 per cent (overweight); and 32 per cent (obese). Women experienced 27 per cent calorie reduction (normal weight and overweight) and 29 per cent (obese).

THINK BEFORE YOU DRINK!

While new research reports that more than 50 per cent of athletes take energy drinks in training and competition with a three to seven per cent improvement in performance, researchers of a new study, published in the *British Journal of Nutrition*, also reported negative findings including an increase in the frequency of insomnia, nervousness and the level of stimulation in the hours following competition.



VITAMIN D FOR KIDS - A SERIOUS ISSUE

NATURAL SOURCES OF VITAMIN D INCLUDE **EGGS, DAIRY AND FISH**

Parents are being urged to protect their children from the effects of deficiency, with good reason:

60% OF UK PARENTS ARE UNCONCERNED ABOUT THE RISK OF INSUFFICIENT VITAMIN D LEVELS IN THEIR CHILD

20% OF PARENTS REMAIN UNAWARE THAT UNDER-FIVES RANK AMONG THE MOST AT RISK OF LOW LEVELS

THE AVERAGE BRITISH TODDLER RECEIVES A MERE

72%

OF THE DAILY VITAMIN D THEY NEED



SARAH RUSSELL

Sarah has over 20 years experience in the fitness industry as a running coach, trainer, freelance writer and athlete. She also has a Masters degree in Sport Science and is a qualified England Athletics running coach. www.sarah-russell.co.uk

➤ This month's rundown



I saw an advert for a t-shirt recently, which said 'I run because I love wine/beer/cake/chocolate' (you could insert the most relevant word then have the t-shirt printed). There wasn't an option for 'running'. To have a t-shirt which simply said 'I run, because I love running'. Is that so weird? I love how running makes me feel, I love spending time with my running friends, my group and running with my husband (we don't have a 'date night', we have a 'date run'). I love the feeling of freedom it gives me; to be at one with nature as I run through the fields and local trail. I love exploring places I've never been to before, pushing my boundaries by going further and challenging myself with new events and routes. It's a huge part of my life and it's who I am. I don't run just so I can eat cake or drink wine.

Of course I know the t-shirts are just a funny joke, but it got me thinking. Is that really a positive message? Even in jokey way? If you run just to earn your cake, then you're missing the point. What I'm trying to say is there's so much more to running, and so much more it can bring to your life. Running should never be a form of punishment – not for adults or children – nor should it be to earn something or compensate for something else. Don't reward yourself for going for a run. The run IS the reward.

As a coach of beginner runners, I see many who join my group to 'lose weight' or 'get fit'. And I'm not sure they enjoy it much to begin with. For them it's a means to an end, just something which helps them achieve their overall goal. But in time, and with some expert

coaching and the support and philosophy of my group, they soon begin to learn the pleasures of running at a comfortable pace, the joys of exploring the local area, the support of new friends and the sheer pleasure of pushing away their boundaries and discovering they're capable of so much more than they ever thought possible. Soon their reasons for running aren't about 'weight loss' or fitting into their little black dress. It becomes about empowerment, pleasure, freedom, friendship and happiness. Their t-shirts would say 'I run because I love running'.

Running is something we should cherish and be grateful for. Be thankful for every step you take, for there are lots of people out there who can't run – maybe they're ill, or injured – who'd love to be in your shoes. So instead of

moaning about having to go running, always counting the calories you've burned or totting up the miles you've run, just look around you and maybe slow down a bit. Breathe in the fresh air and embrace the joy of being alive, being outdoors and being able to run.

Allow running into your life and it will be there to comfort you when you're down, to motivate you when you're tired and to show you you're capable of so much more than you ever thought possible. There might be times when you find it harder than others, but cherish it and it will always be your friend. So tell me, why do you run? What would you have your t-shirt?

I'd love to hear from you, so drop me a line at sarah@sarah-russell.co.uk or tweet me @runfitsarah

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom."

SIR ROGER BANNISTER, *the first four-minute miler*

MY HOT PRODUCT



● Osprey Tempest 30 Backpack, £85 (with optional hydration reservoir)

We love Osprey here at *Running fitness*. Their range of bags, rucksacks, hydration packs and luggage is of the highest quality and will last for years. One of my favourite packs is the Tempest 30 backpack, which I wear for really long runs with the hydration reservoir, or when out hiking on the trails or hills. Deceptively spacious with a 30-litre capacity and an optional hydration reservoir, it is incredibly versatile. Features include a stuff pouch for a jacket or extra layer, vented back panel and a female fit. A great investment which will see you through many adventures.

www.ospreyeurope.com

WHAT'S ON IN JANUARY

Races are few and far between in January, but there are still some excellent events to get your teeth into and get the year off to a flying start. Here are a couple of trail runs which might take your fancy.



Après – Longman 10k and 10-mile, Eastbourne East Sussex **Sunday 4 January**

Blow the cobwebs away with this inaugural 10k or 10-mile trail run along the stunning South Downs near Eastbourne. Hilly and tough, but with exceptional views across Beachy Head and the Seven Sisters. We'll be there, so come and join us.

www.longmanultra.com

Coastal Trail Series Anglesey North Wales

Saturday 17 January

The Coastal Trail Series offers a challenge for even the hardest trail runner with options of 10k through to ultra distance at most of their events. The Anglesey 10k is considered to be one of the best 10k courses in the UK. What better way to start the year?

www.endurancelife.com

Ease your joints

As we edge towards winter, the cold can exacerbate stiffness in joints, making hibernation seem a far more tempting prospect. But there are ways to overcome this

INSIGHT

Joint discomfort has a considerable impact on people's ability and desire to continue with their favourite sporting activities, be that running or any other kind of exercise. A particular concern for runners, though, is the fact that the knee is the most common anatomical site for joint discomfort. In an independent consumer research survey of 2000 people aged 35-70 in the UK, data collected by the joint care specialists behind Regenovex revealed that 48.2 per cent highlighted knee pain, with the shoulder coming in a close second at 43.9 per cent. The survey also indicated that joint problems can start early in life – a quarter of people stated they had started to experience joint problems in their 30s, and more than one in six (16.1

per cent) highlighted joint problems in their twenties.

THE PROBLEM

More worryingly, one fifth of those surveyed believed that nothing can be done to maintain healthy joints, either seeing no point in trying or claiming not to have the time. This applied to 24 per cent of men and 14 per cent of women in the survey.

Being runners, we are conditioned (hopefully) to recognise and respond to pain. *Rf's* Matt Phillips likens pain to "an alarm bell from the brain signalling potential danger" – so to ignore any joint pain is to place your body in an even more high risk situation. Currently in the UK there are about 10 million people suffering from osteoarthritis (a progressive degenerative disease characterised by gradual loss of joint cartilage, resulting in loss of movement

and pain) and many more have undiagnosed stiff joints. If one fifth of these sufferers ignore the twinges or simply soldier on, we're talking around two million people who could potentially benefit from the treatments and joint supplements available today.

HELPFUL SUPPLEMENTS

A nutritious, balanced diet that maximises your intake and absorption of vitamins, minerals, antioxidants and essential fatty acids can be given a helping hand with the following supplements:

GLUCOSAMINE

You might be familiar with glucosamine, an amino sugar commonly available to supplement the glucosamine that is concentrated in human and animal joint cartilage. But there are others you might not have heard of.

EXERCISE

Whilst swimming is a great non weight bearing activity to complement running, resistance training can also help to anchor and stabilise joints, making them resilient to wear and tear.

Leading physiotherapist and ex-team GB kayaker, Paul Hobrough, collaborated with Regenovex to devise the following exercises to assist with joint strength and mobility:



FLEXION - SUPPORTED SQUATS

Sets: 2

Repetitions: 10

Hold time: 2 secs

Stand with a table in front of you for support. Slowly squat down as far as you are able. Hold for two seconds, and then return back up to the starting position. Repeat 10 times or as instructed by your clinician.

This works: hips, knees and ankles.



ASSISTED DORSIFLEXION MOBILITY USING TOWEL

Sets: 2

Repetitions: 10

Sit on the floor with the left leg straight out in front of you and the right knee bent to about 45 degrees. Loop a towel under the ball of the right foot with the toes pointing towards the ceiling. Keep your right knee bent and gently pull the towel towards you bringing the foot towards you. Then point the toes away from you. Once completed, do the same exercise on the other side. Repeat 10 times or as instructed by your clinician.

This works: This is specific to ankle but keep the knee bent in.



FLEXION - CENTRALLY AND SIDE, SITTING

Sets: 2

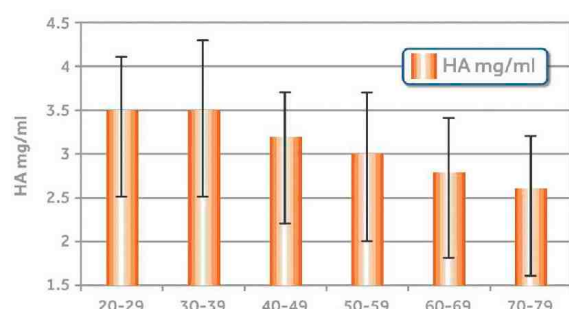
Repetitions: 10

Sit on a chair and lean forwards running both hands down the front of your right leg as far as you are able. Then 'walk' the hands back up to the starting position. Place your hands in your lower back, fingertips pointing towards your tailbone and extend your head and body backwards. This time repeat the movement down the left leg and then 'walk' the hands back up to the starting position. Extend backwards again and then lean centrally forwards and then return back to the starting position. Always finish with extending your head and body backwards.

This works: the lower back both flexors, extensions and side flexors. It is comprehensive for the joints in the lumbar spine as long as the curves are in the spine both ways (arch one way then the next).



Effect Of Age Synovial Fluid HA Concentration mg/ml



OMEGA-3

Another hero supplement is omega-3 fatty acid, notable for its anti-inflammatory properties and ability to decrease muscle-protein breakdown.

HYALURONIC ACID

Hyaluronic acid is the most active form of a group of compounds known as glycosaminoglycans (GAGs). It is a molecule that is a key constituent of cartilage and a crucial lubricant for maintaining the biochemical properties of the joint cartilage, which reduces in both quality and quantity as we age (see graph). If you use an expensive face cream, it may well be one of the ingredients listed to help maintain skin elasticity. It is also available orally as a joint supplement.

GREEN-LIPPED MUSSEL (GLM)

Containing amino acids, minerals, carbohydrates and omega-3 fatty acids, the

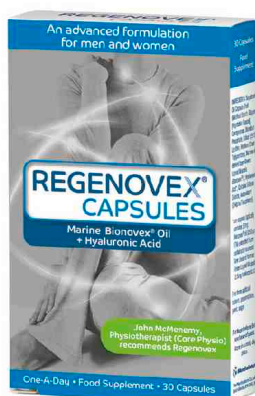
From the age of 40, people produce less hyaluronic acid (HA) in their joints. Regenovex Capsules are designed to maintain joint health and contain 12.5mg of HA

properties of GLM extract are still being explored but in New Zealand, the health benefits of GLM are well known. Undergoing a unique extraction process to maximise the recovery of the rare mix of lipids from a particular variety of GLM, the end result is 'Bionovex Oil' – a pure marine oil that contains the maximum concentration of fatty acids.

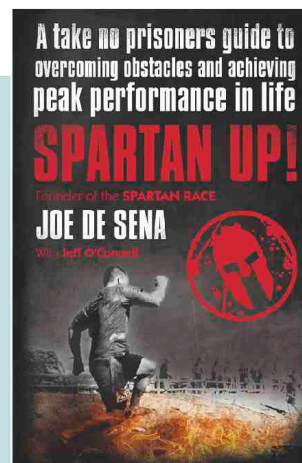
ACUPUNCTURE

Encouragingly, a recent study published in *BMC Complementary and Alternative Medicine* revealed that acupuncture carried out over periods more than four weeks showed greater pain reduction, improved mobility and better health-related quality of life for people affected by osteoarthritis.

Adrian Lyster, member of the British Acupuncture Council and an acupuncture pain specialist added: "It's possible to minimise the effects [of osteoarthritis] by a healthy mixed diet, reducing obesity and remaining active by walking or gentle exercise. [...] The study shows significant evidence that the insertion of fine needles into specific points on the body at weekly intervals provides sustained benefits after 10 treatments." ●



Regenovex Capsules is a relatively new product containing Bionovex Oil



WHAT WE'RE READING...

SPARTAN UP! *A take-no-prisoners guide to overcoming obstacles and achieving peak performance in life*

By Joe De Sena, with Jeff O'Connell

[Simon & Schuster UK, £12.99]

This *New York Times* best-seller will captivate you from start to finish. Learn about Joe's journey from a poor childhood upbringing in Queens, to building a multimillion business, then to the vast frozen plains of Quebec, where Joe first tested his extreme physical ability and mental strength in the 350-mile Uteak endurance race. And so began the rise of the dynamic entrepreneur and his company Spartan Race – a global series of extreme obstacle events. Runners, I promise you – you'll be holding your breath for the entire first chapter! Recover through the second and third chapters, before settling into a slightly uncomfortable but thoroughly enjoyable threshold for the remainder of this book. Packed with metaphors, survival skills and motivational tips on how to train for, and successfully complete obstacle races, plus how to develop a mindset to help you face any number of challenges in life, *Spartan Up!* presents facts, anecdotes and inspirational stories from ordinary people (just like you!) who learn how to improve their lives and health by adjusting their frame of reference. A must-read for obstacle course race enthusiasts and for anyone who wants a bit of motivation to get off the couch and get fit.

INSPIRING RUNNER

Jim Plunkett-Cole

Having a day when he doesn't feel like running is not an option for Jim Plunkett-Cole, who is currently over two thirds of the way through a challenge that involves running 10k for a thousand consecutive days.

"I've always enjoyed running," explains Jim. "Plus I am outside in my natural environment doing something active every day. It's my design and it makes me happy." The challenge started on 1 January 2013 and Jim aims to complete his 1000th consecutive run on 27 September 2015.

After losing his mother to myeloma (bone marrow cancer) last year, Jim is running in aid of Positive Action on Cancer, who give crucial counselling to families of terminally ill cancer patients.

Living in rural Somerset, Jim is doing most of his runs off-road. "I think I would find a gym 10k very tedious," he observes. "And besides, I don't think they would allow Alf into the gym." Jim's dog and long-time training companion runs with him most days and keeps his owner company on many events. "Alf's a great dog and much loved by everyone," says Jim. "He's probably the most famous dog in Somerset!"

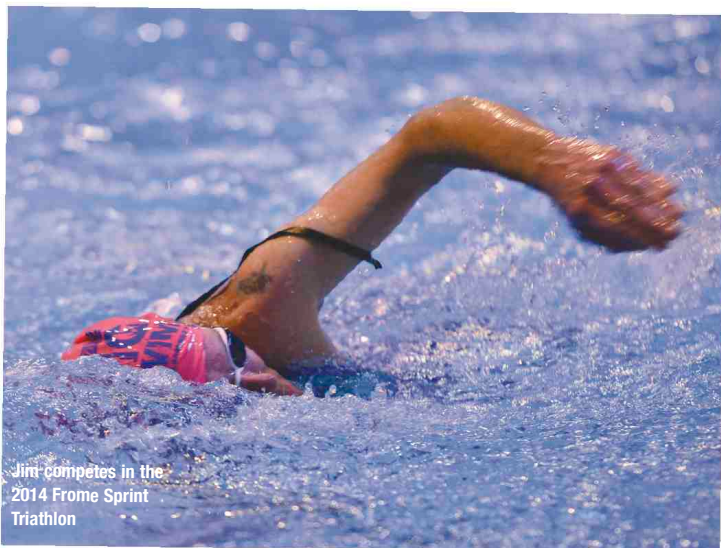
"I think the hardest part of a challenge like this is psychological as opposed to physical," considers Jim. "After the first



IMAGES MARTIN PEARCE, KEVIN MITCHELL



Jim was invited to run with the Westbury Harriers running club from Westbury-on-Trym in Bristol



Jim competes in the 2014 Frome Sprint Triathlon

month of 'doing the minimum' you have built strength. Your body is 'acclimatised'. It expects your distance each day. It needs it! It's your mind from there on. I run my own business and so can manage my time, but it's still a big commitment (two hours each day, really).

"The main problem in trying to run 10k x 1000 is that you have to keep it interesting; pushing yourself and experimenting. I like to combine my running with other organised events such as the Frome Sprint Triathlon, and I hope to tackle an Ironman Triathlon. I also enjoy running in interesting places; last year I ran around the Glastonbury Festival site as the Rolling Stones played the Pyramid Stage; I was at Stonehenge as the sun came up on the day of the 2013 Solstice, and I ran around Central London for a half marathon taking photos of as many landmarks as possible to post 'live' to my Facebook page."

Injury or illness concerns are naturally ever-present. "When you get a niggle or an injury, you are really worried," admits Jim. "I have had swollen knees and badly bruised ribs, Achilles trouble and Plantar Fasciitis; however, I've come through all of them so far, or I'm managing with them."

Starting off as 10k x 365, by the end of 2013 Jim had set up a 2014k x 365 challenge and invited other people to take part. "My theory is that we're designed for daily activity," he says. "So part of the challenge is to show this to the world and to try to encourage people to improve their health and wellbeing. I could see that doing a little every day had a very self-motivational aspect to it. So I set up 2014k, which simply involves doing a little of something every day and tracking it for the whole year. It looks as though several hundred have already signed up for the 2015k challenge which starts on 1 January 2015."

To find out more, visit www.2015Kx365.com. Or follow Jim and Alf's exploits on [facebook.com/10Kx1000](https://www.facebook.com/10Kx1000) and www.twitter.com/10Kx1000. ●

Alf accompanies Jim on a run

MUSIC

POD STARS

Listening to podcasts while running offers an alternative to the pounding beats

Having some fresh tunes and a thumping beat can sometimes be the motivation runners need to keep going on their training runs. But there are other times when we want something more cerebral, or something funny, or something thought provoking to accompany us. That's the time we turn to podcasts.

They can make you laugh out loud, shout with frustration, or become lost in thought (all of which will likely draw strange looks from passers by) – that's the beauty of podcasts. But you don't want to choose just anything to pipe into your ears. So here are three of the best.

The Bugle

www.thebuglepodcast.com

The Bugle is a platform for comedians John Oliver and Andy Zaltzman to tear apart the news and make you laugh. It's funny and a must-listen for fans of the Daily Show.



The Thrilling Adventure Hour

www.thrillingadventurehour.com

A comedy/drama that plays shows of 30s and 40s America, The Thrilling Adventure Hour takes a funny approach to fake serials. Guest stars have included *Mad Men's* Jon Hamm.



Stuff You Should Know

www.stuffyoushouldknow.com

The guys at Stuff You Should Know do a very good job of teaching you stuff you should know. It's a twice-weekly podcast that will arm you with more than enough pub trivia.





KATE PERCY

Athlete and cook, Kate Percy, is passionate about the link between good eating and better performance. Her bestselling books, *Go Faster Food* (£12.99), *Go Faster Food for Kids*, (£16.99), and *FuelSmart for Race Day* (£3.99) bring top sports nutrition advice to life with delicious recipes to help athletes fulfil their potential. They're available on amazon.co.uk, in bookstores, or get a signed copy from her website at www.gofasterfood.com

Food glorious food

CHRISTMAS SUPERFOOD ENERGY BALLS

Prep time - 5 minutes • Cook time – none! • Makes 15 to 20 balls

Mmm... Christmas food. Sausage rolls, canapés, mulled wine, brandy butter... Let's face it; life's too short for even the most dedicated athlete to turn down the odd mince pie or Great Aunt Bessie's Christmas trifle. But with Christmas fever starting earlier each year, getting the balance right can be an uphill struggle. Take shop-bought mince pies: packed with sat. fat, and at 250 calories each – one is fine, but they're so more-ish! Surprise your friends with these amazingly delicious 'no-cook' Christmas energy balls; they make a fab 'superfood' alternative. Rich in heart-friendly unsat. fats, dietary fibre, vitamins and essential minerals such as potassium, they'll revitalise the body and sustain you through your yuletide running! Guilt free treats - what's not to love?

Method

1 Place the nuts in a food processor and blitz until roughly chopped. Add the dates and blitz again, until the mixture starts to stick together. You can do this by hand if you prefer, by chopping the nuts and dates as finely as possible with a knife.
2 Add the mincemeat, porridge oats, mixed spice, ground almonds,

orange zest and the coconut oil and blitz again, very briefly, until combined.

3 Roll into small balls using your hands, about 1.5cm in diameter.

4 Pour the icing sugar into a clean bowl and beat in the lime juice until smooth. Spoon the icing over the energy balls and decorate with your favourite Christmas cake decorations!

Ingredients to make 15-20 balls

- 40g walnuts or pecan nuts
- 120g dates
- 160g mincemeat
- 80g porridge oats
- 1 tsp mixed spice
- 25g ground almonds
- Zest of one orange, finely grated
- 2 tsp coconut oil
- 100g icing sugar
- Juice of ½ lime

Nutrition per ball

Energy (kcal) 73
Carbohydrate (g) 13 (of which sugars (g) 9)
Protein (g) 1
Fat (g) 2 (of which saturates (g) 0.5)
Salt (g) trace
Fibre (g) 1

BEFORE EXERCISE.

DEEP HEAT IT.



Deep Heat Heat Rub is
a medicine. Read the label.

AFTER INJURY.

DEEP FREEZE IT.



Deep Freeze Cold Spray
is a medical device.

DEEP HEAT



DEEP FREEZE

Lessons from the team

In this series we aim to use our experience at *Rf* to make your running **EASIER**, **FASTER** and more **FUN**



It had been several days since I'd had the luxury to run, so it felt instantly healing

RUN WHERE, AND WHEN YOU CAN

I am the worst person for self-criticism, and it doesn't get much worse than the scolding I give myself when I miss a run in the week. Sometimes, however, life and work just get too much and you have to leave your trainers on the floor and focus your energy elsewhere. I seem to have had a month of being extremely busy, and my lack of miles was starting to make me feel stressed (and running shouldn't ever be stressful). One particular day I needed to buy a voucher for a birthday, and I had an inspired thought: rather than drive to the shop, I decided to run. It had been several days since I'd had the luxury of enough time to run, so it felt instantly healing to wear my kit. I ran, and for once I really did run fast, to the garden centre and stopped only once I reached the till. The man in front of me had actually driven past me, and commented on my speed. As I ran back home, I felt 100 per cent better, physically and mentally, and I could tick a speed session off my list of things to do that week. So my advice to you this month, is not to stress over your running. Run where, and when you can, and see every opportunity as one to do something you enjoy.

Natasha Shiels, editor



ENJOYING THE ELEMENTS

The temptation to stay indoors when it's tipping down or cold outside can be hard to resist. I found myself doing just that yesterday watching the rain lash the

windows; it was nice and toasty indoors. I was procrastinating, doing anything to put off the inevitable. Thoughts turned to 'perhaps I'll wait until later when it's stopped'. But my only window to run was right then, and if I missed it, it would never happen. So I got my kit on, waterproof socks, and a cap and headed out.

Initially I was squealing as the rain lashed my face, but within just a few minutes I looked up and realised just how fabulous it was to be outside. Soon I was splashing through the muddy fields with a huge grin on my face. It wasn't that cold, and in the end turned out to be a great run where I was at one with nature. Gritty runs like that toughen you up and boost your confidence and often turn out to be great fun! So be brave; wear the right gear and just get out there!

Sarah Russell, consultant editor



FORMING GOOD FOOD HABITS

The most effective way to improve your eating plan is to focus on a few bite-size goals for two weeks, to integrate them as a stress-less part of your routine. Thinking ahead is key to sustaining any effective lifestyle

change. So identify your obstacles and think of practical solutions to keep yourself on track.

For example, you may find yourself getting very hungry or bored when you are delayed in traffic or a long meeting. Instead of succumbing to the office biscuits or stopping at a drive-through McDonalds, ensure you carry healthy snacks in your pocket such as apples, bananas, mixed nuts and seeds, lightly or un-salted popcorn, low sugar protein balls or simple home-made fruit and seed bars.

Similarly, if you forget to drink enough water, then carry a little bottle around and keep topping it up. Keep it in sight on your desk or in your car. Even set your phone alarm to quietly buzz every hour to remind you to take regular sips.

Ensure you carry healthy snacks in your pocket such as apples, bananas, mixed nuts and seeds...

Such simple planning will help you turn baby steps into big strides to improve your food and ultimately your health and running performance.

Anne-France Rix
Nutritional therapist BSc (nutritional medicine),
BA (Hons), MBANT, CNHC

Hit those hills early!

Did you know that **RUNNING UPHILL** can actually help to reduce injury?

It's time to stop being afraid of the incline



Matt Phillips is a run conditioning coach and sports therapist with over 20 years experience working in the fitness industry. He is based at StrideUK, com in Brighton, Sussex. Follow Matt on Twitter: @sportinjurymatt

For many beginner runners, the thought of running as fast as possible up a hill sounds like an injury waiting to happen. However, as long as you employ a couple of running form teaching points, the inclusion of a weekly hill sprint session may well make you more resilient to injury than just running long distances on flat ground.

When done properly, hill sprints can develop better running form. They do this by allowing you to push your body and generate high leg turnover (cadence), without actually running too fast. This is of great significance as maximum speed work on flat ground is often associated with injury, such as hamstring strains.

THE SCIENCE BIT

Running uphill provides a neuromuscular strength training stimulus that is thought to play a major role in reducing susceptibility to injury. Hill sprints challenge the nervous system to activate huge numbers of motor units (neurons and muscle fibres) and fire them quick enough to generate high forces whilst resisting fatigue. This can increase the power and efficiency of each stride and in doing so enable you to cover more ground with each step.

Step frequency (the number of steps you take per minute), step length (the ground covered between landing on one foot and then landing on the other), and resistance to fatigue are all dependent on the efficiency of communication between the brain and muscles. Though long runs are important for developing aerobic fitness, without sufficient neuromuscular training your running form can deteriorate, and inefficiency and fatigue can set in, all of which are associated with injury.

HOW FAST SHOULD I RUN UPHILL?

For the desired neuromuscular effect, you should run up the hill at maximal or near-maximal speed for six to eight seconds. As long as you have first performed a dynamic warm up session and a couple of easy miles, you will probably be surprised at what you can achieve. Technique is important, which is why I recommend you do at least your first few sessions with a running coach. Essentially you will need to keep your body upright (eyes fixed towards top of hill not down at your feet), and maintain a high leg turn over (cadence), to avoid reaching your foot outwards (overstriding).

Follow each sprint with a two to three-minute rest.

Your first session may only involve just couple of hill sprints. This number can typically be increased by one or two, every week. Once you are doing 10 sprints, you could increase the duration of the sprints to eight or 10 seconds. On paper this may sound like very little, but the increase in demand will be considerable.

HOW STEEP SHOULD IT BE?

Good question! The gradient of a hill is often expressed as a percentage; this refers to the vertical distance (climb) as a percentage of the horizontal distance. If you draw a triangle where the horizontal line is the same length as the vertical line, the resulting slope is a 100 per cent gradient, (also known as a 1:1 slope). Those of you who concentrated at school may note that the angle is 45 degrees, not 100 degrees! So, a 10 per cent gradient would be where the vertical climb is a one-tenth of the horizontal distance (1:10).

As a beginner (or after an absence from running), the hill you choose should have a gradient of around six per cent. Treadmills can be useful in discovering what gradients feel like, but these days many GPS watches also give gradient information. Once you have slowly increased the number of sprints (always a two to three-minute rest in-between), you may move to a hill or an area with a greater gradient, say 10 per cent. A month later, once you have progressed to say 10 x 12-second sprints, you might want to seek a 15 per cent hill.

Progress your challenges slowly; listen to your body and you will see the benefits sooner. ●



StrideUK is one of the UK's leading running technique companies which takes pride in helping people reduce injury and improve running performance by using clinical video gait analysis to examine your running technique and provide simple, easy to follow training programs to get you injury free. For more information please visit www.strideuk.com

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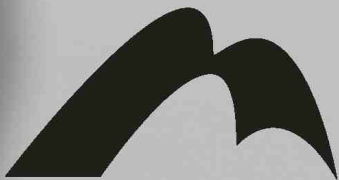
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WITH

MORE MILE

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**WELCOME TO PART
TWO OF OUR UNIQUE
SIX-MONTH MARATHON
TRAINING GUIDE**

But don't worry if you
missed last month's plan,
you can buy a back issue at
[www.kelseyshop.co.uk/
running-fitness-magazine-
2014-back-issues](http://www.kelseyshop.co.uk/running-fitness-magazine-2014-back-issues)

RUN YOUR FIRST MARATHON

PART TWO

So you're one month down in our **SIX-MONTH GUIDE**, and now is the time to talk drills

WORDS Sarah Russell

LET'S GET STARTED

Don't worry if you're struggling to get started, you're not alone. The marathon might be months away, but it'll be here before you know it. So don't wait a minute longer, get started with your training and preparation and remember the five 'P's: 'Proper Preparation Prevents Poor Performance'.

This programme is based on years of personal and coaching experience, combined with the latest research and expert recommendations. It's realistic and should fit your lifestyle, regardless of how busy you might be. No excuses allowed!



Kettlebells, weights and suspension training are great ways to build endurance

PROGRAMME AIMS

We will work on endurance first, slowly building up your long runs early on in the schedule, ideally hitting 16 miles before Christmas.

The plan then progresses to include a total of four long runs of 18 to 20 miles (or 3.5 hours, whichever comes first), one or two half marathons, before the pace picks up towards the end where we work on progressive tempo sessions. There is little speedwork, certainly to begin with. Instead, the focus is on strength work and cross-training – which builds consistency, reduces injury risk and leads to better performances.

PRE-HABILITATE

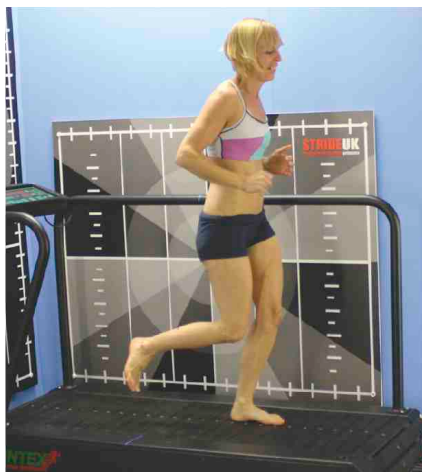
Last time I talked about having a biomechanics assessment to highlight any areas of muscle weakness, neural issues or lack of mobility, which might lead to injury. I can't stress enough how important this is, so if you haven't done anything about it yet, then get onto it. Think of it as 'screening' or pre-habilitation, rather than waiting until you get a problem. Everyone has a dysfunction of some sort; it's a case of identifying it early on and putting a programme in place to address it before it becomes an issue or leads to an injury.

There are different ways of having an assessment and each method will highlight different issues. A good physio or PT (who is trained in biomechanics assessment) would be a good place to start; try StrideUK in Hove, East Sussex; Run3D

with Nationwide clinics for a running specific treadmill assessment, or find a biomechanics coach through the UK Biomechanics Association. Invest in your running at this stage, and you'll be more likely to get to the start of your marathon in one piece.

Ultimately though, some awareness is better than nothing, so at the very least get a friend to video you when you're running, or check out how you look in a shop window as you run by. When you warm up or do exercises in the gym, you might be able to spot areas of weakness or tightness. Look for basic things like posture – are you looking up or hunched over? Do your knees roll inwards when you land? Do your arms swing across your body? Can you hear your feet slapping the floor? All of these may highlight areas

“Mo Farah attributes his success to a strength and conditioning programme done at the gym”



StrideUK have a wide range of skills and equipment to highlight any weaknesses you may have

which need to be addressed with corrective exercises and drills.

Armed with this information, you can put together a 'running support programme' including foam rolling, trigger point work, release exercises, mobility, muscle activation and strength. It's actually the things we do outside of running that improve our ability to avoid injury and run with good form. Mo Farah attributes his success to his strength and conditioning programme done at the gym under the watchful eye of coach Alberto Salazar. And it's even more important for recreational runners. Lay the foundations now with conditioning work and you'll reap the rewards afterwards with a better, and consistent, performance.

WARMING UP

Now is the time to embed some good habits, so start as you mean to go on. Before EVERY run get into the habit of doing a proper warm up:



- 1 LEG SWINGS**
Keep your leg straight and swing forwards and back to mobilise the hip. 20 swings each side.



- 2 INSTEP TAPS**
Bring your instep up in front of you, reach down with your hand to tap your foot. Alternate legs. 20 in total.



- 3 ANGRY BULL**
On one leg, circle the other like you're on a bike. Scrape the floor and pull your heel to your bum.



- 4 BUTT KICKS**
On the spot, bring your heels up under your bum in an exaggerated marching action; 20 reps.

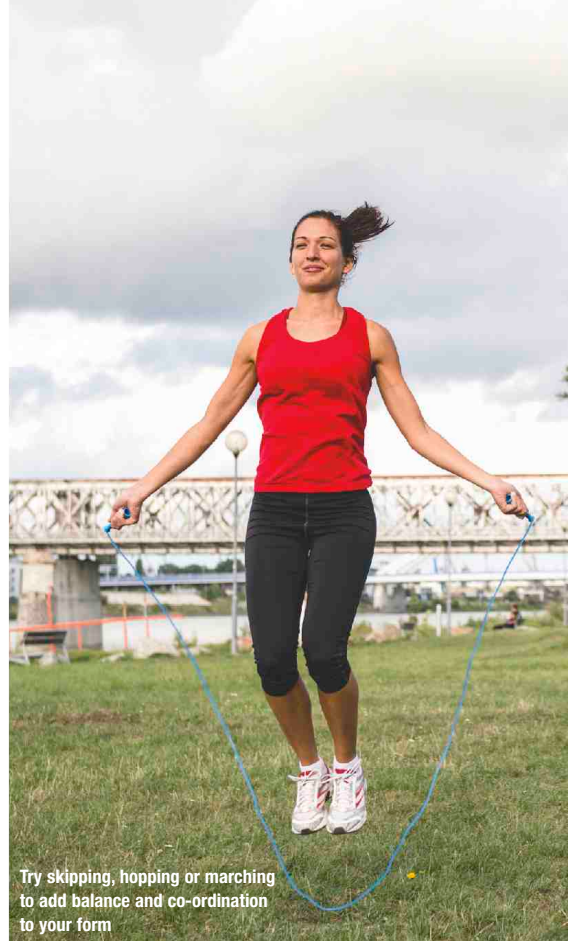


- 5 LUNGES**
Stepping forward lunge, take knee to floor. Push back and return to standing. Alternating legs, 20 reps.



- 6 BACKWARD LUNGES**
Step back, reaching backwards with your toe. Alternate legs, keeping upright. Try 10 reps.

Walk briskly for a few moments, then start running with a nice easy pace.



Try skipping, hopping or marching to add balance and co-ordination to your form

DRILLS

A couple of basic drills thrown into your warm up on easy run days will pay dividends for your running form. Drills aren't just for elite runners; they can make a huge difference to recreational runners too, and are all part of the foundation building stage. The main focus of drills is to try to improve proprioception, balance and co-ordination. Skills that many new runners lack. Go back to basics and try hopping, skipping and marching drills to underpin your running. Drills need to be done with excellent form, so concentrate on perfection and precision.

A basic marching drill will teach you co-ordination skills and will transfer into your running. Start with a slow motion marching drill using just your legs. Bring your knee up to waist height with a relaxed foot. When you're comfortable marching in a slow and controlled manner, bring in an arm action – opposite arm and leg – keeping the elbow at 90 degrees. Try five sessions of 30-second marching.

Bum, kick, drill will reinforce hamstring activation and will encourage lighter foot strike. Try to bring your heel up to your bum with some momentum, but in a cycling action rather than 'flipping up' behind you. Take it to a jogging motion, quickly bringing your heels up underneath your bum with very light feet. Use your arms with a nice 90-degree angle driving backwards. Again try five sessions of 20 seconds with a short walk in between.

Use these as part of your warm up and you'll soon notice the difference in how you feel when you're running.



MONTH TWO (of six)

The focus this month is to continue to build training consistency, and start to build up your long run. Things are still very simple and uncomplicated. This month, focus on your pre-run prep, warm up, drills and foam rolling work as a priority. Try spending 30 minutes every other day on the foam roller, working through your quads and calf muscles. Remember this is just a basic schedule to show you how to progress and adapt your training. Don't become a slave to the plan – feel free to move things around to suit you, just avoid having long runs and harder sessions back to back. If you feel fatigued, ill or have an injury, don't feel under pressure to complete a session. Get better and then return to it.

SESSION TERMINOLOGY

Always warm up for five minutes before a run with some dynamic mobility exercises (see 'warm up' section), followed by some brisk walking. It's important to engage your muscles before running and wake things up, especially if you've been sitting down all day. After a run, go through some static stretches and hold each one for 10 seconds and repeat three times. If you're not sure what to do, get some advice from a personal trainer or running coach.

EASY

Jog, chat and enjoy at an 'easy' pace – you're not breathing too hard and you can speak a full sentence easily. If you were working on a scale of one to 10 (10 being flat out), you might be around five out of 10. Preferably a nice, easy flat route.

HILLY RUN

Find a slightly more challenging route with a few hills – ideally cross-country or on a trail. But don't attack them to begin with, just back off the pace, run with easy light feet and get to the top feeling strong. Over time you'll find you get better at hills and feel stronger.

CROSS

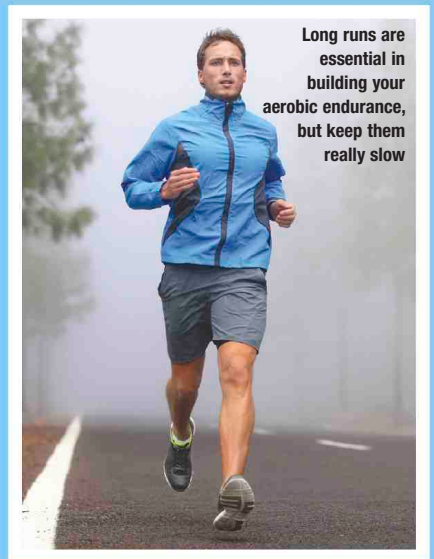
Doing something other than running is really important. Don't neglect this important session, and don't be tempted to run instead. Try swimming, cycling (ideally outdoors or spin class), or using a rowing machine for the time specified. Keep the pace steady and fairly light intensity. You don't need to push these sessions too hard.

STRENGTH

Building a good core and strong muscles is vital. Skip these sessions at your peril! Sign up for a pilates class, use a DVD, try a circuit session using a TRX at home or the weights at a gym. Focus on upper, lower body and core stability. Spend 30-45 minutes doing a mix of strength exercises.

LONG RUN

The 'bread and butter' of your marathon plan. These runs are to be done REALLY slowly. Keep the pace comfortable where you can chat and you're not out of breath. It's a great idea to drop a minute walk in every mile or so as you grab a drink, and give your legs a short break. Long runs will build your aerobic endurance, encourage your body to use fat for fuel and train your body to conserve glycogen stores – which will make you more efficient. Choose flatter routes, take a drink and a gel for anything over 90 minutes.



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5	Strength	Easy run 30 mins with drills	Rest	Cross 30-45 mins	Hilly run 45 mins	Rest	Long run 60 mins
6	Strength	Easy run 30 mins with drills	Rest	Cross 30-45 mins	Easy run 45 mins	Rest	Long run 90 mins
7	Strength	Easy run 30 mins with drills	Rest	Cross 45-60 mins	Hilly run 45 mins	Rest	Long run 110 mins
8	Strength	Easy run 30 mins with drills	Rest	Cross 45-60 mins	Easy run 45 mins	Rest	Long run 120 mins

ASK *the* EXPERT: COACH

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention



SARAH RUSSELL
EXPERT ADVICE IN -
TRAINING

Sarah is consultant editor of *Running fitness*, has a Masters degree in sport science and 22 years experience as a coach, writer and athlete. She is a qualified England Athletics coach, mentor and presenter. Follow her on Twitter @runfitsarah

Running sub-three

Q

In my 20s and 30s I ran a sub three-hour marathon, now at the age of 49 I have a place in next year's London marathon, but I haven't run a marathon for 15 years! Where do I start, and is it possible to get close to a sub-three again?

Andrew Money



ASK THE EXPERTS

Do you have a question? Email the team at rf.ed@kelsey.co.uk

Twitter: @Runfitmag

Facebook: [facebook.com/RunningFitness](https://www.facebook.com/RunningFitness)

A Congratulations on securing a place in the marathon!

Firstly, it's hard to say, without knowing your history or training load, whether anything close to three hours is feasible for you 15 years later. And at 49 years old, to run close to three hours would be an incredible performance by anyone's standard. The good news is that your base endurance fitness will always be there

and will come back quickly. So you'll stand a chance of running a decent time, if you get the training right.

Whether you'll be able to 'return to form' again now will be reliant on a number of variables. How is your weight now compared to then? Do you work longer hours now? Have you got more or less time to train? Do you struggle with recurrent injury? If any of those questions resonates, then you may need to have a think about your goal and whether it's still realistic. If

you're busier now, you may not manage to get the consistency of training you'll need. Regardless of all of that, however, I'd suggest taking a step back and being realistic with your current ability, desire to train and lifestyle, and your goals and motivations. You need to be clear with yourself about why you're doing this marathon. Would you still be happy if you ran a much slower time?

It's very hard to accept, especially if you've once been a fast runner, that we all get

slower as we get older. I'm not saying it's impossible, but be realistic and don't pressure yourself with a lofty goal. You've got the background fitness, so work on building up your long runs keeping the pace slow and easy, and just build some strong endurance – maybe start using heart rate training. Try to live in the moment, be content and proud of your current ability. Good luck.

Lazy girl running

“Running was a **GATEWAY DRUG FOR ME** where exercise was concerned, but with a much happier outcome”

If you look around you in a couple of months you'll see a lot of nervous faces at the gym, at your running club or passing the other way in the park. New runners spurred into action by the start of a new year, committed to their promise to themselves that they'll 'start exercising'. Give them a smile and a wave; it's not easy being the new one.

It was running that first shook me out of years of inactivity. I'd viewed people that gave up huge chunks of their week to exercise with a large amount of suspicion. What were they doing it for? Did they know something the rest of us didn't? Was there an 'end of days'-type scenario just around the corner from which only the fittest and strongest would survive? With the exception of those in the armed forces, I didn't see why anyone needed to spend quite so much time in the gym.

Now I know that those people DID know something that I wasn't privy to. But it was nothing to do with the coming of a new ice age, a meteor attack or zombie apocalypse; they were doing it because they liked it. They enjoyed it, and it wasn't a chore. I GET it now.

Running was a gateway drug for me where exercise was concerned, but with a much happier outcome. After doing a few races, looking for a bigger hit each time – 5k became 10k, which moved onto a half marathon and then a full 26.2 miles – I progressed to other activities. I cycled, I took up yoga, I learnt to swim and eventually, I became a triathlete. I've enjoyed it all, but none of it is the same as running.

RUNNING FOR THE LOVE OF IT

After a summer of triathlons, I've returned to my first love. I've come full circle and I'm back out there five days a week, running whenever I can. I may not be clocking up the miles that I have in



ABOUT THE AUTHOR
Laura Fountain is a blogger, author and editor living and running in London. She's run seven marathons and is now training for an Ironman but just six years ago she couldn't run 400 meters. Her book *The Lazy Runner* was published in 2012. She's a UK Athletics qualified run leader and helps beginner runners learn how to run and, more importantly, how to enjoy it.

the past, but I'm running more frequently than I have in a long time.

I ran on Hampstead Heath with a friend last weekend. We ran eight hilly miles in the rain, along trails with large stretches where there was nobody else around. We turned left and right where we liked, ran through trees and mud and over crunchy brown leaves on the ground. We returned home more than an hour later, cold, wet and tired but smiling.

As a non-runner, when you think of running, you often think of the body and what it's doing. You think of tired legs, burning lungs, a stitch in your side and the feeling of wanting it all to be over. I used to think of those things too. I'd look at miles on a training plan and think about how much it would hurt. Now I think about where it will take me. In six miles I can get from my front door to the top of Hampstead Heath and back. In 10 I can go from my office, to home via four of central London's Royal Parks. In 26.2 I can cover most of a city and

meet interesting people along the way.

When I think about what 2015 may bring, I'm excited about where those distances beyond 26.2 miles will take me. I'll let you know when I get there. ●



Running to work over Waterloo Bridge



Watching my runners compete their first 10k

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Food for thought: pre-run nutrition

Should you **FAST BEFORE A RUN?** Not necessarily, explains Anne-France Rix

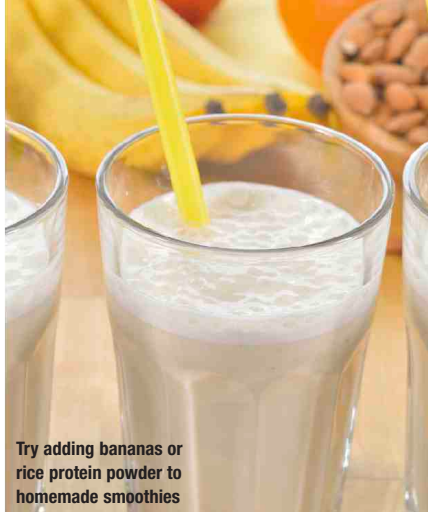
The common sense practice of fuelling before your run has been challenged by emerging research which suggests that running in either a fasted state (i.e. first thing in the morning with no or very little food) or a low glycogen state (where carbohydrate intake prior to exercise is reduced by one third) could teach your body to burn fat more effectively. And while running on an empty tank has been known to benefit those who run for up to one hour at a low intensity, more research is needed to fully understand the benefits and potential dangers. The experts also warn that the practice requires supervision by an experienced coach too.

TO EAT OR NOT TO EAT BEFORE EXERCISE?

"I know many seasoned runners who run for half an hour before breakfast (in the fasted state) without any obvious problems," says nutritional therapist Anne-France Rix. "However your body, particularly your brain, must have a steady amount of sugar in your bloodstream to function well, so when you have a low blood sugar level (hypoglycaemia) that is, a fairly empty fuel tank, your adrenal glands work harder to make more stress hormones. These adrenaline and cortisol hormones release your body's sugar (glycogen) stores into the blood, however, glycogen stores are limited so they run out

quickly during exercise."

"If you do not top up your fuel tank with food, your hormones respond to this emergency shortage by breaking down your body proteins (muscle) to make the energy needed for your prolonged running session. Over time, decreased lean muscle mass can lead to health problems and poor running performance. I usually recommend fuelling before every running session to balance blood sugar through regular meals and snacks (see box out on the next page). Consuming the right amount of protein, fats and carbohydrates supports a steady energy release throughout the day and during exercise," explains Anne-France.



Try adding bananas or rice protein powder to homemade smoothies

PRE-RUN SNACKS

- 1 Protein shake/smoothie containing rice protein powder, milk (cow or coconut), banana, berries
- 2 Home-made energy bars (made in minutes from dried fruit, nuts, protein powder, coconut, orange zest, cinnamon)
- 3 Banana, nuts, yoghurt (or dairy-free coconut yoghurt)
- 4 Popcorn dipped in nut butter
- 5 Rice cakes and carrots with hummus.



Porridge is still amongst the most popular pre-race breakfast

PRE-RACE MEALS (WITHIN TWO HOURS PRIOR)

- 1 Porridge with milk, honey, banana, nuts, protein powder
- 2 Baked beans or scrambled eggs with toast
- 3 Wholegrain muesli with nuts and seeds, natural yoghurt, fresh fruit
- 4 Protein fruit smoothie
- 5 Oatcakes and nut butter.

PRE-RUN FUELLING MISTAKES

X Relying daily on caffeine, processed sugary/sports products.

TRY: Wholegrain cereal, or porridge with a banana.

X Not sticking to a tried and tested nutrition plan on race day.

TRY: Practise your race day fuel in training so that you know what works for you, and stick with it on race day!

X Eating big dinners late at night.

TRY: A normal portioned meal, but alter the ratio of carbs/protein/fat, e.g. consume a slightly larger portion of carbs and a lower portion of protein. Or an extra scoop of mashed potatoes – don't go overboard as you can only absorb so much.

X Not eating for over four hours before exercise.

TRY: If you rise early to have breakfast, make sure you carry snacks and drink on route to the race, and pre-empt hunger to stay in the 'feed zone'.

Avoiding the trots

Factors that can cause digestive discomfort include:

- Dehydration
- Sports gels: up to 30g-60g carb/hr is usually well tolerated, but can cause diarrhoea
- Food sensitivities: commonly dairy, gluten, wheat
- High fat and fibre-rich meals: greasy fry-ups; bran flakes
- Painkillers: Codeine, ibuprofen, aspirin
- Caffeine: can cause diarrhoea, as well as water and nutrient losses
- Hypertonic drinks
- Excess fluid: holding on when you need the toilet, or drinking too much with meals
- Eating too much and too soon: allow one to three hours after a meal before running. Before an early morning run, try a little protein shake or yoghurt.

CARB CONTROVERSY

Carbohydrates are the primary fuel for your body and vital to maintain maximum energy, speed, stamina and concentration. They also help with fluid balance and with recovery. The amount of carbohydrate you need as a runner, however, is hotly contested, and many believe it is linked to the amount of training and intensity you do; i.e. the greater the intensity of your training, the more carbs you need for improved endurance and performance during exercise of 45 minutes or longer. Current World Health Organisation guidelines recommend a 50 per cent carb-based diet, so for a person consuming the recommended 2000 calories a day, that's about 200g carbs/day. On the flip side, the 'carb loading' belief is dissolving into a more tailored and realistic approach (i.e. reduce the amount!) led by renowned sport experts such as Prof. Tim Noakes, who advocates a higher fat, lower carb diet for optimal health and performance. Prof. Noakes' current thinking (based on his tried and tested diet), suggests consuming 50g of

carbs a day, and cutting out sugar and starchy carbs. Some experts recommend a more achievable and realistic approach of 1g carbs/kg bodyweight/per hour of low/moderate intensity. For a runner weighing 60kg – that's 60g carbs per hour.

It's tricky to know which way to turn, but the point is that you do need fuel when training and running, and ideally, you should consume it before you feel hungry, tired, grumpy or fuzzy headed. Fuel up the night before and on the morning of your race (particularly if running a half/full marathon) and hydrate well.

Carbs are the primary fuel for your body





**MARTIN
MACDONALD**
EXPERT ADVICE IN –
NUTRITION

Martin MacDonald is a clinical performance nutritionist and founder of www.Mac-Nutrition.com. He is the lead nutrition consultant to many governing bodies, including England Swimming and the Derbyshire Institute of Sport.

ASK *the* EXPERT: NUTRITIONIST

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention

The truth about beetroot

Q

Dear Martin.

There's a lot of hype about the nitrate in beetroot juice which helps running performance, but does raw grated beetroot have the same effect? Also, do golden and candy-stripe varieties of beetroot contain the same levels of nitrate or is it just in the normal purple type? Can you explain?

Thanks, Anita

When beetroot is consumed, nitrates are converted to nitrites in the mouth. When these are swallowed they are reduced to nitric oxide. It is this nitric oxide that we are led to believe has potential performance benefits by increasing blood flow to the muscles and reducing the oxygen cost of exercise. Reducing the oxygen cost is just a fancy way of saying more 'work' can be done for the same amount or less energy.

Fresh beetroot contains a high level of nitrate in its raw, natural form, typically containing over 250mg nitrates per 100g. One 2012 study found that consuming 200g whole beetroot (containing ~500mg nitrates) 75 minutes before running a 5k time trial, resulted in a three per cent faster running time than a control. The proposed reasons for the ergogenic effect of whole beetroot are exactly the same as those reported by researches looking at beetroot juice; the nitrates that were converted to nitric oxide reduced the oxygen cost of exercise meaning the experimental group could run at a faster pace.

Although beetroot juice and

whole beetroot have never been directly compared in a study, there is unlikely to be any difference if the amount of nitrates ingested, and converted, is the same. The popularity of beetroot juice often comes down to convenience, and the fact that to get the same amount of nitrates as a 70ml juice shot, you would have to eat ~200g of the fresh stuff!

One potential advantage for opting for whole beetroot over beetroot juices however is the chewing process. The nitrates in beetroots are converted to nitrites by bacteria in our saliva. So the longer it remains in the mouth, the more nitrates are potentially converted.

Like juice versus whole beetroot, different types of beetroot (purple, golden and candy-striped varieties) yield the same content of nitrates too. It is important to note that the purple colour is not the reason that they are high in nitrates. There are many green leafy vegetables that also contain high levels of nitrates (>250mg/100g) such as celery, spinach, rocket, lettuce and cress. Although not studied directly, consuming enough of these nitrate-containing foods could also potentially improve performance. I'd love to see someone eat 200g of cress before running a 10k.

ASK THE EXPERTS

Do you have a question? Email the team at rf.ed@kelsey.co.uk

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TURBOCHARGE YOUR WINTER

Rain, cold, darkness – there are so many reasons to stop running, but it's time to thaw your winter woes because **WINTER RUNNING** could hold the key to your best ever performance! WORDS Sarah Ivory





Winter weather can build up strength - so don't be afraid of mud or snow



Hate cold weather training? Running 101 – if you spend all winter waiting for good weather, you'll never tick those training sessions off the calendar. Sometimes you've just got to suck it up and get out there. My 'ah-ha' winter training moment came in June 2012 when I was interviewing Coach Jimmy Simba of the Kipchoge Keino Training Centre in Kenya. The coach behind some of the world's long-distance masters – including Olympic 3000m steeplechase champ, Ezekiel Kemboi – told me that "most [successful] athletes come through the cross-country system. They use cross-country as preparation for the marathon or track because the hills and distance improve both stamina and strength. This kind of training is often missing from an athlete's programme and, without the proper winter build-up, runners can't expect to excel across the season."

Those words must have struck a chord because, that winter, I trained harder and raced more often than any winter before. By spring 2013, I'd knocked three minutes off my half marathon time, two minutes off my 10k time and 40 seconds off my five-mile PB. Coincidence? Merrell and GB triathlete, Tracy McCartney, doesn't think so. "Winter can be a time when runners become demotivated due to the colder weather but it can also present the opportunity to get your running on track," says McCartney. "It's so important that you don't waste all of the hard work you've

done over the summer months by avoiding the great outdoors when the weather changes." Because, while winter lacks summer's comfortable climate and long daylight hours, it boasts tough terrain – mud, snow, ice – and chilly conditions that can really help build mental fortitude, as well as strength, endurance and speed.

THE COLD-WEATHER BOOST

Don't believe it? The proof is in the figures: one study suggests striders are capable of running for longer in the winter months than in the summer season, as athletes exercising in two degrees took 30 per cent longer to reach fatigue than those exercising in 20 degrees. Another paper from Northern Arizona University in the States reveals that regular cold-weather workouts can add as much as 29 per cent to your running speed. Wow – right? Of course, despite its science-backed pluses, cool weather can be demotivating thanks to a horde of training barriers. Experts claim that max performance, for instance, can decline in the winter months because cold muscles don't contract with the same intensity as warm muscles. And there are certainly fewer safe places to train in the dark, which could ultimately thwart the quality of your running sessions as you settle for 'second best' locations. But, with the right knowledge and some expert tweaks to your training schedule, you'll be able to maximise your workouts this winter. So what can we learn from the pros, and how do they train when the thermometer dips into the blue?

Mary Wilkinson spends the winter months doing fartlek sessions



FARTLEK CIRCUITS

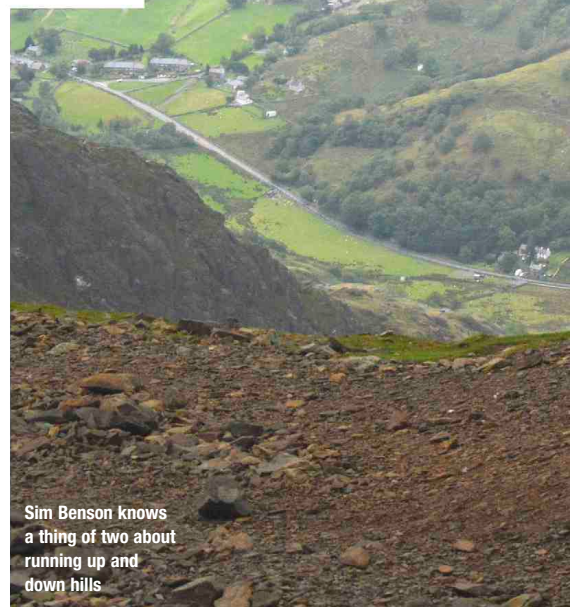
WHAT IT IS: Interval training blended with continuous running

Meaning 'speed play' in Swedish, fartlek training involves running a set distance, and working hard on random sections, such as from tree to lamppost or up the hills. Run at an easy pace between hard sections to recover. "I do a lot of fartlek sessions in the winter, such as running hard up every hill and steady on the flats," adds Mary Wilkinson, Inov-8 athlete and GB mountain runner. "For sessions done in the dark, I run on a road loop or over a series of hills on well-lit paths."

WHY DO IT: Due to the continuous nature of fartlek training, you won't spend any time standing around getting cold on chilly days.

"Fartlek is very good in the winter," agrees Wendy Sly, ex silver Olympian and SOSRehydrate.com ambassador. "There are a lot of variables to change as you get fitter – you can vary the distance you run and the speed at which you run it, or decrease the amount of recovery running you do in between efforts." Fartlek runs can be performed over any terrain or distance, so it's easy to choose a route that's suited to the weather, time of day and your running goals. Smart stuff.

TRY THIS: Find a six-mile loop and speed up over different sections, such as pillar-to-post or up the hill. Aim to combine bursts of fast, slow and medium-paced running in a random format. Try to avoid slowing down as it will dramatically up your risk of catching a chill!



Sim Benson knows a thing or two about running up and down hills

ESSENTIAL KIT FOR WINTER RUNNING

Whatever the weather, stay warm and dry with these five essential kit ideas

Brooks Utopia Thermal Tight II, (women's £70, men's £55)

The Utopia Thermal Running Tights are perfect for winter runs. Ultra warm yet ultra light, they've got a zip pocket and have 360-degree reflectivity.



Gore Mythos 2.0 Lady Windstopper Vest, £89.99

Maximum breathability, feminine fit and fully windproof. This vest is lightweight and warm, and is a great layer for chilly days.



adidas Supernova Storm Jacket, £60

This men's running jacket cuts through bad weather and features reflective details. A great fitting jacket.



“REGULAR COLD-WEATHER WORKOUTS CAN ADD AS MUCH AS **29 PER CENT** TO YOUR RUNNING SPEED”

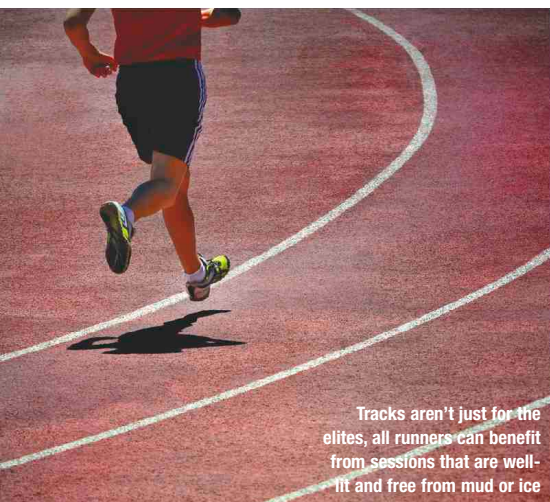
KENYAN HILLS

WHAT IT IS: A very, very tough form of hill training

Hill repetitions like Kenyan hills are a great form of running to do in the winter months, mainly because they take place in one location and it's easy to bail out of a hill session if the weather takes a turn for the worse. “Hill repetitions are a staple of my winter training, as you can do them in a small area that is well-lit,” agrees Wilkinson. “All you need to do is find a quiet road hill, or safe off-road incline, and run repeats of varying lengths.” Named after the type of training done by Kenya's athletes, Kenyan hills involve running up and down the hill at the same pace (think: two minutes up; two minutes down) and it's the perfect winter session.

WHY DO IT: The aim of this session is to run at a constant effort – holding back slightly on the uphill to enable you to run at an even pace downhill. This should not only test your downhill running ability, but also equal a better speed overall. As you don't slow down on the decline, you'll keep an elevated heart rate throughout the workout and maintain a higher core temperature for the duration of the session. The net result is you stay warm from start-to-finish. Perfect!

TRY THIS: Find a long hill and run up it at threshold pace for one-minute. Turn around and immediately run downhill at threshold pace to the start. Continue running up and downhill without rest for five minutes. When the five minutes is up, rest for two minutes and repeat the whole process. Complete two to three five-minute efforts.



Tracks aren't just for the elites, all runners can benefit from sessions that are well-lit and free from mud or ice

SPOTLIGHT SESSIONS

WHAT IT IS: Structured speedwork

Don't let winter steal your speed! Jog to a flat road with ample streetlight and measure a stretch of pavement by time or distance. If the roads nearby are bustling, head to your local track or run on the gym treadmill (just be sure to set the incline on the treadmill to one or two per cent). Next, run as fast as you can for a set distance or period of time. Then jog or walk for a set period of time, such as 400m or one-minute, and repeat. Simple.

WHY DO IT: Spotlight intervals take place in one location, meaning you can find a

suitable place with plenty of artificial light and is free from slippery mud or ice. “If you have an athletics track nearby, dark nights need not be a problem,” adds McCartney. “In fact, track sessions are one of the best ways of enhancing fitness during winter.”

TRY THIS: Head to your local track and begin with a one-mile warm up jog. Then, run 200m (or for 40 seconds) at max speed. Next, jog for one-minute and then run 300m (or for 60 seconds) at max speed. Jog for another minute and then run 400m (or for 80 seconds) at max speed. Repeat twice before cooling down.

OFF-ROAD TEMPO

WHAT IT IS: Running off the beaten track at a steady pace (hint: you shouldn't be able to have a lengthy conversation with your running comrades)

Whether you've got your heart set on a PB or a good cross-country ranking, the best way to prepare for the winter season is to seek out some local trails and run them at a 'comfortably hard' pace (think 75 to 80 per cent of your max heart rate). "My cold weather training tends to switch to more grass-based sessions in preparation for winter races," reveals Wilkinson. "My sessions will typically be higher in volume, and will include longer repetitions and shorter recovery periods. This approach is suitable for the winter weather and is also the best preparation for cross-country."

WHY DO IT: Running on rugged ground places a great demand on your body. The undulated surface of the trail will recruit a host of small stabilising muscles that road running doesn't require, plus rolling ground demands you use balancing skills that really hone your core. The catch? It's not wise to run off-road alone in the dark, so do off-road tempo running during daylight hours. "It's a great way to strengthen your legs," adds McCartney, "and cross-country running requires a strong core, good balance and flexibility. It also pays to add some squats, lunges and planks to increase your strength."

TRY THIS: Take your weekend run off-road. Map a seven-mile route. Gather a group of buddies and a pair of grippy trainers, and then run the route at a steady place.

Off-road running is great for improving your core strength

WINTER WISDOM

Want to run well and often this winter? Follow these tried and tested tips from GB mountain runner, Mary Wilkinson



1 WARM UP FOR LONGER

"I spend more time warming up in the winter to ensure that the risk of a muscle pull is reduced. I also increase my pace gradually, so the fastest running I do is towards the end of the session."

2 DON'T STAND AROUND

"On cold days, I make sure my recovery between repetitions is shorter than normal. This ensures that I don't get too cold before running harder again, and therefore reduces my risk of illness."

3 CHECK THE WIND DIRECTION

"Wind can be one of the biggest risks for hypothermia, so I make sure that I start running into the wind and return with it behind me. This reduces my risk of catching a cold as I'm not running into the wind during the latter

Dress in layers - then you can remove them when necessary



miles when I'm sweaty and wet."

4 DON'T FEAR CHANGE

"If the weather is very poor or dangerous, I'll change my running plans. For example, if it's icy and I have a road session to do, I'll switch to a grass session or delay it for another day. It's better to be safe than sorry."

5 RUN FOR TIME

"It's no surprise that training in the rain or on mud and snow can really slow runners down. For this reason, I always run for time, rather than

distance, in the winter months."

6 DRESS IN LAYERS

"What you wear can make the difference between an enjoyable winter running experience and an unpleasant one. Layering is the best way to approach cold or wet runs, as you can remove or add layers when necessary. I prefer to be a little cool when I first start out because I warm up quickly when I get going!"

Follow these tips and you'll soon be training, whatever the weather!


**DR. YVETTE
BRINDLE**

EXPERT ADVICE IN –
WOMEN'S HEALTH

Dr. Yvette Brindle is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.

ASK *the* EXPERT: DOCTOR

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention

Your feet are made up with ligaments which can be damaged during vigorous exercise



Foot pain

Q

Dear Dr. Brindle, during an Ironman event in July both my feet swelled up and felt a little bruised for a few days afterwards. Ever since, I find that every time I go running my left foot starts hurting and goes a bit red on the top. It almost feels like it's bruised. Do you have any ideas what it could be, and how to best treat it? I didn't run for four weeks after my Ironman,

and now I'm only running once a week and it flares up each time.

Anon

A Congratulations on competing in an Ironman! It does sound like you may have strained a ligament during the event.

One of the commonest causes for foot pain is a sprain or strain. Your feet are full of ligaments. These tough fibrous bands of connective tissue connect our bones together, allowing the joints to move whilst keeping them stable. They are made up of collagen, which gives joints both support and flexibility. However, an event such as an Ironman, really tests these tissues to the maximum. Twisting, pounding and vigorous movement of your feet for a prolonged period can cause stretching of the

ligaments, damaging them. This is graded from a mild sprain, where there has been damage to a few fibres, to complete rupture of the ligament. It sounds like you might have done something in-between.

When you first damage the soft tissues, such as the ligaments, in your foot, there is an 'inflammatory phase'. There may be swelling around the site, which in turn causes pain. This is likely to be what you experienced in those first few days after the event, when it felt 'bruised'.

Following on from this, the tissues will start to repair and remodel themselves. The body is a fantastic healer, but unfortunately, ligament injuries can take some time. It can take months for them to

regain their strength and flexibility.

After an initial injury to a ligament, it is important to rest during the initial 24 hours following and gradually start to mobilise within the first two to three days. Apply ice for 10 to 15-minute periods, three to four times per day to reduce the swelling. Applying compression from a support bandage to the site will also be beneficial, as will elevating the foot above hip level when lying flat, as this will encourage the swelling to drain back.

In the weeks following the initial injury, the ligaments are slowly rebuilding themselves. You are probably keen to get back into running and it can be frustrating during this time.

ASK THE EXPERTS

Do you have a question? Email the team at rf.ed@kelsey.co.uk

Twitter: @Runfitmag

Facebook: [facebook.com/RunningFitness](https://www.facebook.com/RunningFitness)

To aid recovery, it is important to choose supportive footwear. You may wish to concentrate your training in other areas, such as cycling and swimming in this time, so as to maintain your strength and flexibility.

As it has now been three months since your injury and you are still experiencing pain, I would recommend consulting your GP, who may refer you to a physiotherapist.

FOCUS ON...

SHIN SPLINTS

'Shin splints' describes any pain in the front of the lower legs, usually through exercise



Shin splints' usually develops in people who do repetitive sports, which put a lot of stress on the lower legs.

Our shin bones, or tibia, are the site of the pain. Pains tend to track down the front and inner part of this bone. They are generally described as 'achey pains' and can vary in severity, but usually worsen with exercise, causing many people to have to stop to relieve the pain. Pain tends to occur in both shins, and they can take days or weeks to settle. Occasionally swelling can appear around it.

WHY DO THEY OCCUR?

There are a number of different causes for shin splints, but the commonest is Medial Tibial Stress Syndrome (MTSS). The foot and lower leg work together to absorb the forces from pounding the ground when you run. MTSS occurs when the outer layer of bone (periosteum) becomes inflamed as a result of these forces. Pains are usually felt at the middle to lower third of the inside of your shin. The condition is not completely understood, but some people are more at risk of developing it than others.

MANAGEMENT

Shin splints can be a real frustration when they stop you training. However, they can often be managed without the need to see a GP. Prevention is better than cure, so here are some initial steps to follow:

Rest. This is usually not what we want to hear, but two weeks rest can be enough to see the pain subside and allow you to gradually resume running.

Ice. Applying an ice pack for 10 to 15-minute periods, a few times a day after the onset of pain, can help reduce inflammation and swelling.

Massage and stretching. A calf massage can help reduce tension and tightness in the muscles which

ARE YOU PUTTING YOURSELF AT RISK?

You are more likely to develop a shin splint if:

- **YOU RUN REGULARLY ON UNEVEN HARD TERRAIN**
- **YOU HAVE SUDDENLY CHANGED YOUR TRAINING PROGRAMME:** increasing your distance, intensity or duration
- **YOU HAVE POOR RUNNING TECHNIQUE,** such as over-striding
- **YOU TEND TO OVERPRONATE** (roll inwards) when you run
- **YOUR TRAINERS ARE A POOR FIT,** with minimal cushioning and support.

are pulling on the shin. Be sure to do these daily.

Pain relief. Simple paracetamol is a good start to ease the pain. Topical anti-inflammatory gels can also help reduce inflammation and swelling.

WHEN TO SEEK HELP

If the above measures fail, and you still are suffering with pain, then it is important to see your GP. They will want to know when the pain started and its relationship to exercise. Your GP will examine you initially, and then may arrange some further tests. These tests will be to look for the cause of your shin splints, which may be MTSS, or something else, such as stress fractures. Stress fractures are small breaks in the bone, which are picked up on imaging.

The next step depends on the cause. Your GP may refer you to physiotherapy, a bone specialist (orthopaedic surgeon) or an orthotist. These specialists tend to work together and often refer to one another. An orthotist will look at the way you walk (your gait), to see if there is an underlying reason you are developing pain. Commonly this is over-pronating – rolling your feet inwards when you walk. They will then look to develop appliances (orthoses) to help correct your gait.

PREVENTION

As I mentioned earlier, prevention is better than cure. Follow these top tips to avoid shin splints:

- **Make gradual changes** to your running programme.
- **Keep a running log,** and set realistic targets.
- **If you are a treadmill runner,** introduce running outdoors by initially substituting every other run.
- **Consider the terrain you run on.** Long runs on hard and uneven terrain place you at increased risk, so try to factor in a grassier run every now and again.
- **Finally look at your shoes.** Tailoring these to your running style, will reduce the chance of developing pain. An orthotist may suggest arch supports.

Lastly if you do develop pain, you must rest. Taking a break will often see it subside, but if you are battling with recurrent pain, see your GP. ●

DO YOU HAVE A MEDICAL QUESTION?

Perhaps you have a condition that you would like explained, or a nagging pain? Email the team at rf.ed@kesley.co.uk (making the subject 'Health'). All questions will be anonymous unless prior consent is given.



DR. YVETTE BRINDLE
Dr. Yvette Brindle is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.



TAKE A DEEP BREATH

Unlock your potential with breathing training

WORDS Evie Serventi

Runners focus on training many muscle groups yet often ignore the most fundamental system necessary to improve performance – the muscles used for breathing. So, why is neglecting this key muscle group known as the weak link in the chain in terms of making the most of your run?

"If it wasn't for the fact that breathing is automatic and taken for granted, we would not be asking this question," says Duncan Kerr, of HaB International Ltd (www.habdirect.co.uk). Duncan works with medical groups, practitioners and athletes to improve their fitness levels and health through inspiratory (inhalation) muscle function training with a device called POWERbreathe (see box-out). It's true; breathing is a subconscious, involuntary action so it's often overlooked as something to work on as part of your running training, particularly by those new to running.

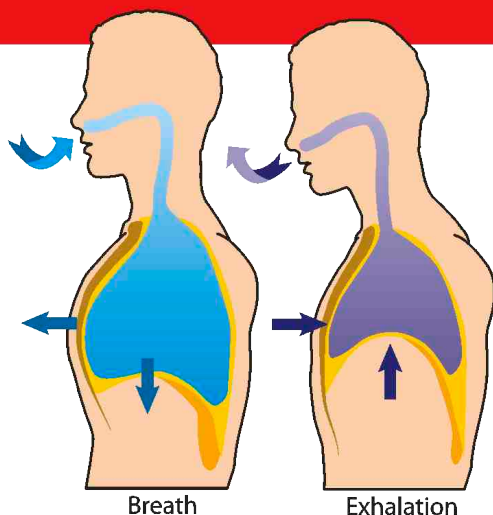
INHALATION AND EXHALATION MUSCLES

"As exercise intensity increases, so too does the number of breaths taken. Runners don't realise they can control and develop their inhalation and exhalation muscles, which can make a huge difference to how they feel before, during and after a run," adds Duncan.

"The faster you go the greater the demand of oxygen delivery and carbon dioxide removal by the working muscles. This in turn increases heart rate and subsequently your respiratory breathing muscles have to work harder to keep up, eventually reaching their limit. However, the point at which they fail (reach their limit) can be extended by training the breathing (inspiratory) muscles separately," explains Duncan. One study by researchers at University of Zurich found that athletes who trained their respiratory muscles improved their performance by 30 per cent.

Running and triathlon coach Neil Scholes, himself an accomplished athlete who helps clients improve both their running and breathing technique (www.kinetic-revolution.com), explained that there's an increasing body of evidence to show that athletes need to think about the entire respiratory system: "People think they are training their lungs, but in fact, inspiratory muscle training directly works the diaphragm, intracostal muscles (between your ribs) and respiratory muscles, which allow oxygen to circulate." Breathing in deeply as you run (which you'll notice as you practise) is quite normal – people simply need to get used to it.

Muscles work hard in the process of breathing



BODY BUILD YOUR DIAPHRAGM

The critical breathing muscle to train is the diaphragm. When you breathe in it contracts, pushing down towards the abdomen, allowing the chest and ribs to expand and the lungs fill with air. The more your chest and ribs expand, the more efficient your breathing (and diaphragm) is. So the key to improving your breathing efficiency is to train your inspiratory muscle function to take deep, strong breaths, rather than fast shallow breaths, explains long distance running coach Chris Adams, who specialises in biomechanics and breathing training (www.therunning-coach.co.uk).

"When I run with clients, I hear them blowing out, but there's no inspiratory breathing. They need to breathe in more air, in order for their (breathing) muscles to take in more oxygen and work more effectively," says Chris.

“Athletes who trained their respiratory muscles improved their performance by 30%”

Your diaphragm is the muscle which allows the chest to expand



The metaboreflex reduces blood flow to your legs, preventing you from pushing further

GO WITH THE BEAT



REBEKAH RAND, RUNNER FROM TUNBRIDGE WELLS

“Rather than listening to music, which I find interferes

with my pacing, I count in fours in my head when I breathe. It's like an internal metronome, and helps me stay focused, particularly when I'm out on a long run and start to get tired towards the end. Counting stops the 'Why am I doing this?!' questions that come on with fatigue. I find if I don't do my counting and fall out of rhythm, it feels really odd.”

FASTER REFLEX ACTION

“Most people assume that if you train hard doing intervals or running up hills, you will develop strong breathing muscles. This is not strictly true due to a limiting factor called the metaboreflex, or as we call it, the body's built in brake. When you hit that point on the hill where you struggle to breathe, your brain puts the brakes on by reducing blood flow to the legs and redirecting it to support a poorly conditioned breathing system,” explains Duncan. Therefore, every time you hit your (breathing) limit, the brakes come on and you can't train past it.

However, if you train your breathing muscles independently to a higher level, when you hit the point where you previously 'blew up', instead you can carry on because your brain continues to allow the blood flow to the working muscles. In other words, you can develop the ability to delay the onset of the metaboreflex. Not to mention you feel stronger mentally and more confident, which means you are likely

to push yourself on when the going gets tough, adds Duncan, so you can go further, faster.

ADDED VALUE

Training your breathing muscles can also be useful during your warm up phase, helping to build core strength and stability, not to mention calming your nerves before and during events. This knock on effect on your running form is something that runners have really only started to pick up on in the last few years, explains Neil.

“Training your breathing helps you develop key comfort factors around performance and strength, and in such a short period of time – in just four weeks, clients have increased their volume of intake breath by 33 per cent. When you strengthen your breathing muscles you reduce the rate of perceived exertion – a key function for runners which surprisingly, is vastly under-utilised,” notes Chris, “and the same applies for swimmers, triathletes and cyclists – in fact, all sports.”



Rhythmic breathing can help to regulate pace

A WORKOUT FOR YOUR RESPIRATORY SYSTEM

POWERbreathe uses a variable, calibrated, spring loaded valve to adjust the weight your breathing muscles are lifting. You start with a light resistance and gradually increase the resistance over time, just as you would if training any other muscle group using equipment in a gym. This exercise can be done anywhere in around five minutes, even if you are injured or it's too cold to train outside. Training is just 30 breaths twice a day for the first month,

then once a day to maintain your improved strength and endurance. The original POWERbreathe model was first developed in the 1990s by Dr. Alison McConnell. Alison, author of *Breathe Strong, Perform Better* (2011), is currently a professor at Brunel University and continues to do research on breathing training. There is much research proving the effectiveness in many sports disciplines as well as in medical applications helping sufferers of COPD and Asthma. See www.powerbreathe.com for more findings.

FEEL THE RHYTHM

Working on your breathing rhythm can also help regulate your pace and comfort level when running, say the experts. Opinions vary, however, in terms of synchronising breathing with stride rate.

"The premise is that you relax as you exhale (think yoga, etc) and because you are relaxed, you are less stable and potentially open yourself up to gait inefficiencies and possible increased injury rate," says Neil. Therefore, if you exhale as your foot lands, exhaling on the same foot each time, that side can become increasingly loaded. "Rhythmic breathing seeks, like bilateral breathing in swimming, to address this by co-ordinating when your foot lands in an alternating pattern at the beginning of the exhalation to share the impact stress equally," adds Neil.

I tried synchronising my exhalation with alternate feet for several months recently after reading Budd Coates' *Running on Air* (2013). Budd, also a runner and coach, suffered repeated injuries on his left side and noticed that he exhaled on his left foot landing (note Neil's comments above). He went on to develop 3:2 asymmetrical breathing rhythm where you inhale for three foot strikes and exhale for two. While Budd's rhythmic breathing method was manageable, it didn't feel intuitive or natural. It did, however, become easier, particularly when I started bilateral breathing when swimming (note Neil's reference to this) that is, breathing both to the left and right, on every third stroke.

For now, start by being aware of how you are breathing. Take note of your rhythm and how many breaths you are taking in time with your foot strike; note this will vary with terrain and speed. Play around with your rhythm to see how you feel. The important factor is to breathe rhythmically and comfortably – and go with what feels right for you. ●

EDITOR'S PICK

1 POWERBREATHE K5 WITH BREATHE-LINK SOFTWARE, £249.99 (FOR THE K1) TO £450 (FOR THE K5)

With this high-tech model you can log your data as well as track your progress.

www.powerbreathe.com

2 POWERBREATHE PLUS (MEDIUM RESISTANCE), £49.99

A slightly cheaper alternative, this model is convenient and suitable for most runners.

www.powerbreathe.com



Transplants and you

GEORGE WINTER looks at the increasing number of organ transplants in the UK, and discovers that life after a transplant presents no barrier to achieving athletic goals

Between 1 April 2013 and 31 March this year, 4655 solid-organ transplants were performed in the UK. Successful transplant recipients often return to normal life, part of which includes regular exercise, but what is the role of exercise in this growing population?

Reporting in the *British Journal of Sports Medicine*, Dr. Kari-Jean McKenzie and colleagues from Canada's University of British Columbia, Vancouver, investigated 'Solid organ transplant recipients: clinical considerations in the application of exercise.' They noted:

- **The number of solid-organ transplants is rising**
- **Exercise is vital to restoring physical function and mental fitness**
- **The interaction between the immune system and exercise in transplant recipients needs further investigation.**

Lead author of the study Dr. Kari-Jean McKenzie told *Rf*: "Transplant patients can lead full and active lives. Regular exercise is as important to them as anyone else, perhaps more so. The interaction between exercise and the transplant patient is fascinating and demands more attention from the medical profession. Does the immunosuppressive medication affect the training stimulus? Is the dose of medication influenced by regular aerobic or



ABOUT THE AUTHOR
A keen long-distance runner and freelance writer, George F Winter is a Fellow of the Institute of Biomedical Science

resistive training? These are fundamental questions that deserve answers."

THE MANY BENEFITS OF EXERCISE

"The benefits of sport are well documented in both transplant and non-transplanted persons," adds Lynne Holt, a trustee of the charity Transplant Sport UK. "Diabetes, hypertension and obesity are seen in transplant recipients, but these factors – especially among kidney recipients – might explain why they needed a transplant in the first place. It's known that with exercise these problems are diminished, and sometimes enough to stop some of the medications. Transplant Sport was set up 36 years ago to encourage patients to rehabilitate, take exercise and to provide sporting events to give them something to aim for. Sport also increases their confidence and self-esteem."

Lynne's analysis applies to 51-year-old teacher Alan Stewart, who lives in Eddleston in the Scottish Borders. "I had my kidney transplant in October 2009; I'm a member of Transplant Sport UK and I've participated in the last three British Transplant Games in various sports including swimming, running and archery," he told *Rf*. "I hope to be selected for the next World Games in Argentina."

"Having had a transplant," Alan explained, "some of the medication that I take suppresses my immune system. The advice I was given pre- and post-transplant was to stay fit and healthy. Running has always been a big part of this, and I run at least twice a week. I was running right up until a few months before my transplant, albeit short distances and slowly. Post-transplant, the build-up in stamina both for my legs and my lungs has been slow. However the physical and psychological benefits are amazing. Last year I ran the Great North Run, and three weeks later ran the Munich Half-Marathon."

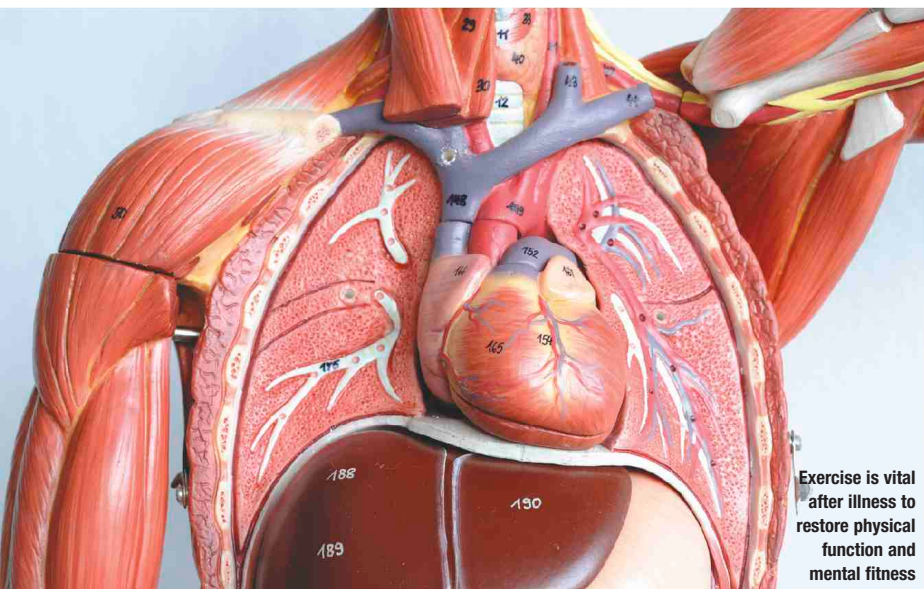
Alan is now preparing for a marathon. And why a marathon? "Simply because I think I can," he told me. "Five years ago I was grateful to be able to 'trundle' half a mile. Every time I go out running I know how lucky I am to be there, and I relax."

And Alan is keen to make an important point: "Running is a great stress buster. But so is joining the organ donor register. So why not do both? Not only will you have made yourself fitter; you could potentially save up to nine lives."

He may not be as famous as Jonah Lomu – who returned to international-standard rugby following a kidney transplant – but Alan Stewart demonstrates that life after a transplant presents no barrier to achieving athletic goals. ●

For more information about organ donation please visit www.organdonation.nhs.uk

"Every time I go out running I know how lucky I am to be there, and I relax"



Exercise is vital after illness to restore physical function and mental fitness

THROW OFF THE BOWLINES

“A ship in harbour is safe, but that is not what ships were built for” – John A Shedd

I was in the turbine hall at Tate Modern a while ago and noticed a few young children running around and laughing, not to race each other, but just for the sheer joy of running and having fun. As I watched, more and more children joined in, until every child was charging around with huge grins on their faces.

Some of them were faster than others but I didn't notice any of them stay away from the fun and exuberance because they weren't good enough to run.

By the time we're adults many of us have built barriers around not being good enough, whether that's about our ability to run, to speak up and contribute, write an article or even take on a task.

These barriers create no-go areas outside our comfort zones. So where do these barriers come from?

In India they train young elephants to be controllable by tying them with strong ropes to large trees. As time goes on they gradually reduce the ropes and the trees. By the time the elephants are fully grown, they'll stay attached to a small stake by a thin rope that they could easily snap. But they never do.

Once they've learned they can't escape, they never question it again. Their belief that they are securely attached is obviously false and it absolutely limits their freedom.

“For many years I let these beliefs limit my possibilities. Now, I regularly question my beliefs”

While you are probably shocked by the fact that such a powerful creature has been fooled and limited by something so plainly untrue, don't feel too superior because many of us have been fooled by beliefs that are just as limiting and no less ridiculous. These beliefs were often planted at an earlier age.

When I was younger I wasn't a bad sprinter but



I never believed that I could run further than a couple of hundred metres, and the idea of me being able to run a marathon was way beyond belief. I would never have believed that I would be able to run every day at my current ripe age, and I believed that there couldn't possibly be anyone more fearful than me of speaking in public.

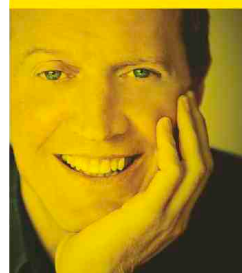
For many years I let these beliefs limit my possibilities. Now, I regularly question my beliefs, and having completed four marathons, run at least a mile every day for more than 57 months, and held many workshops and training sessions in front of up to 200 people, I know that none of those beliefs were true.

Which of your beliefs are limiting your life, and which of them may actually be based on thoughts that probably weren't true when you adopted them, and certainly aren't true now?

Mark Twain advised:

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.”

They say that life begins at the edge of your comfort zone. From my experience it's also more fun, exciting and fulfilling. •



ABOUT THE AUTHOR

Tony Phillips is a personal coach working with entrepreneurs and leaders in business. An enthusiastic back of the pack runner, he is fascinated by the lessons running teaches about life. His mission is to make running a fun and sustainable part of his life. Find him: @aMileEachDay or www.coachingapproach.co.uk

TOP
10TIPS FOR WINTER
RUNNING

As the days get shorter, you might find yourself out in the dark. Follow our 10 simple steps to **STAY SAFE** and get the most from your running

Whilst some of you might be looking to run a spring marathon, or half, others might just be starting to discover the joy of running, and the short days shouldn't stop you. Running in the early morning or evening doesn't have to be ruled out because of the weather, in fact there are lots of positives to running during these cold and dark months. Our top 10 tips will give you the knowledge to ensure you stay safe and still enjoy running into the spring.

IMAGE CORE RUNNING WEAR



1 BE SEEN

Research by the American National Highway Traffic Safety Administration in 2010, reported that 69 per cent of pedestrian fatalities occurred at

night, with the most dangerous hours between 6pm to 9pm.

Precisely the time when most of us head out to exercise after work.

"If you don't run wearing something visible when running at night, you increase your chance of an accident," explains Detective Superintendent David Palmer of the Metropolitan Police. "Make yourself visible with high-viz and fluorescent clothing, a head torch and lights. Stop and think about how you might look to a driver."

It's crucial to know the difference between high-viz and reflective clothing. High-viz is generally considered to be fluorescent yellow, green, orange or pink. Whereas reflective material may look grey or



white during the day, but lights up under headlights.

Running clothes often have reflective piping on the seams, but this alone won't be enough. On the other hand, high-viz running tops in fluorescent colours often don't feature reflective material. You need both.

During the day, high-viz may actually be more important, especially under low light conditions, or on a quiet lane. It's at night when reflective material comes into its own.

2 KNOW WHERE YOU'RE GOING

It is especially important to be familiar with your surroundings when running at night due to limited visibility.

Stick to a route that you know well and that is close to your home when running at night; save new territories for daylight hours. Plot your route beforehand and work out where you're going in advance. Try using a GPS tracking and personal safety app – such as alert5.co.uk – which will alert a nominated contact if you don't return, and can track your last known GPS position.

Whenever possible, stick to well-lit, busy areas where you can be seen and where you can see other people. Never be tempted to take a risky short cut because you're tired or running a bit late.

Apps like ALERT 5 will give you peace of mind when running at night

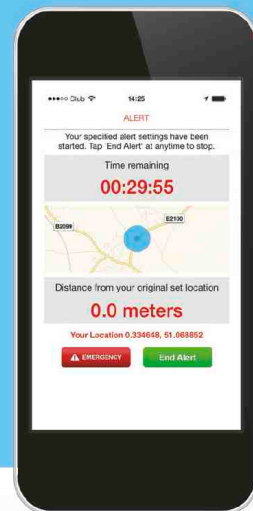


IMAGE KOBBOY DAGAN / SHUTTERSTOCK.COM

3 STAY WARM

It's important to give some thought to your choice of clothing and make sure you're properly dressed for the conditions. There's nothing worse than being cold or risking hypothermia,

especially on long runs in remote areas.

What would happen if you got lost or injured and had to walk? Make sure you have enough clothes with you. Thin layers are best, and a top layer you can tie around your waist if you need to cool off, or put back on again. Always make sure you have a lightweight hat and pair of gloves, which can be stashed in your pockets as you warm up. Start with a long sleeve base layer and add a gilet or jacket for really cold or wet days. If you're running in very remote areas, slip a foil blanket into a waist bag in case of emergencies.

Wear the right kit; gloves can be stashed in pockets once you warm up, and a jacket tied around your waist

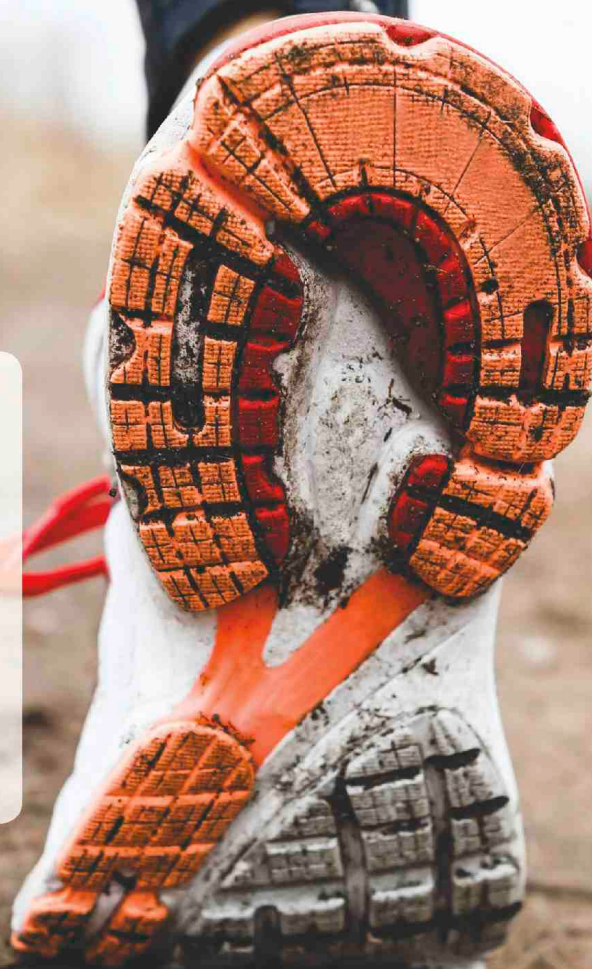
Running on ice is more dangerous than snow, so watch those early mornings

4

DON'T SLIP

Running in thick fresh snow is actually quite safe, especially off road through the fields and trails. It has plenty of grip, is great fun and hard work! Patches of ice, on the other hand, can be lethal. So be sure to look for black ice after a sub zero night, or when the snow has thawed and refrozen.

Either hit the treadmill, run off-road where black ice isn't as much of an issue, or delay your run until the temperature has come up above five degrees. Invest in some Yaktrack Ice Grips (www.yaktrax.co.uk), which can be slipped on over your running shoes to provide grip for running in snow.



5

STAY DRY

You're more at risk of hypothermia when it's cold, windy AND raining, especially on a

long run. So when it's tipping down, make sure you wear a fully waterproof jacket, a cap and warm layers underneath.

Waterproof socks such as Sealskinz will keep your feet dry too. And when your run is over, get dry as soon as possible and change into fresh clothes and shoes. Try warming up with a mug of Apres Hot Chocolate Recovery drink afterwards!

Don't risk hypothermia; keep warm and dry on a long run

6

CARRY ID

Whether you run at day or night, it's a really good idea to carry ID. If you were to be involved in an accident, carrying ID would help emergency services

treat you quicker. In 2002 Steve Cram's brother tragically fell and died whilst out running. Like most runners he wasn't carrying ID and his identification was delayed.

In response to this tragedy, Steve Cram launched Cram-Alert (www.cramalert.co.uk), a 24/7 emergency response wristband which has information to alert emergency services and next-of-kin. A single wristband costs £10, with one year of Cram-Alert ID Services free of charge; thereafter annual registration costs £15 per year. An alternative is the VitalID Sport Band, available from www.theidbandco.com and costs just £14.99.



7 LEAVE HEADPHONES AT HOME

"Runners who wear headphones at any time of day or night are simply asking for trouble," explains Detective Superintendent Palmer.

Removing one of your senses – in this case your hearing – simply increases your risk of an accident. Wearing headphones reduces your general awareness of what's around you." Running apps which tell you your pace and distance can be motivating, but can also be distracting too; potentially causing you to step out on a road without looking. If you do use an app or headphones, just be aware that your senses will be affected and to be extra careful, and perhaps for safety, just have it in one ear.

8 SEE WHERE YOU'RE GOING

Being able to see where you're going is also essential, and this is where a headtorch comes in.

Even if you run in fairly well lit areas, there are often patches of darkness with uneven pavements and potholes. A headtorch might not be a fashion statement, but it will make big difference and you may even find one bright enough to run trails at night. When running towards traffic, however, make sure you point your headtorch down to avoid dazzling oncoming traffic.



A headtorch is an essential piece of kit, especially for trail running

9 RUN WITH OTHERS

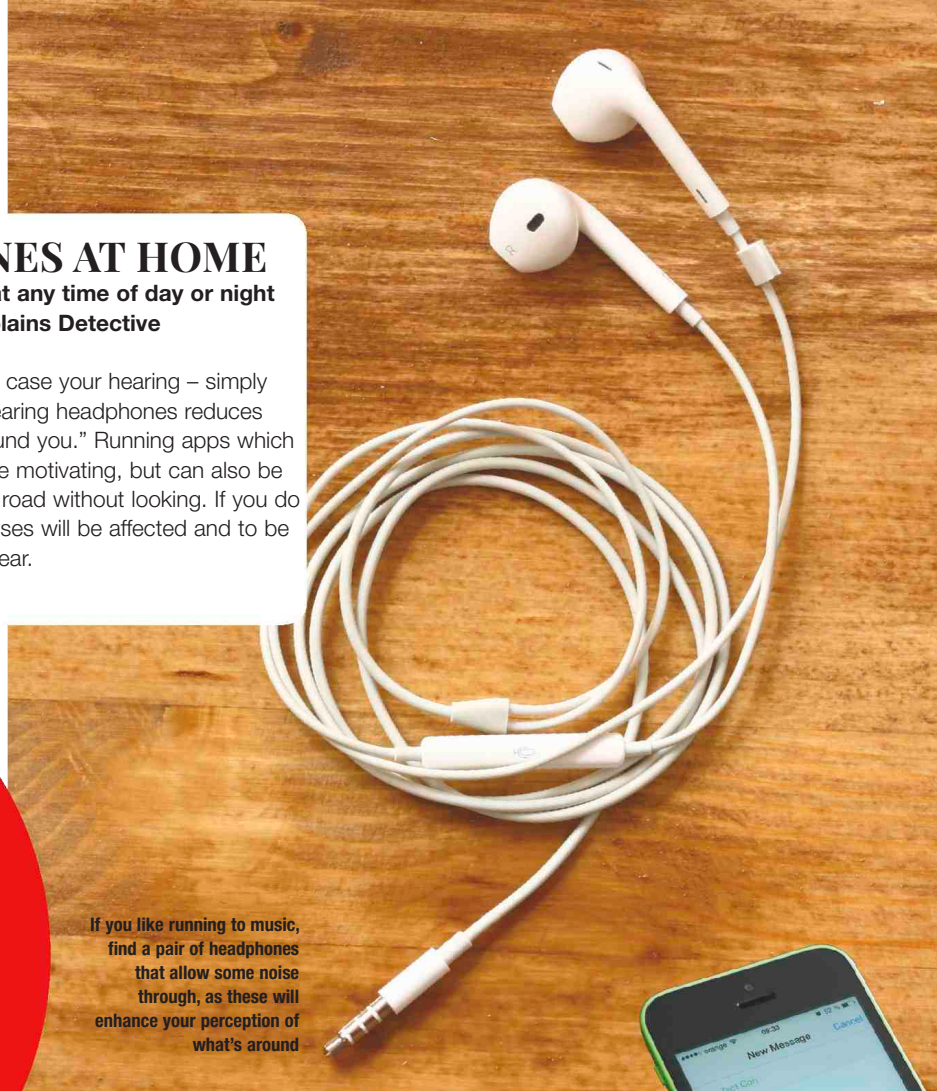
Whether you run during the day or night, in remote areas or in a town, consider joining a running group or club (www.runengland.org) or jog with friends,

especially at night.

This advice isn't just for women; men too are at risk of falling or having an accident, and it's always safer with running buddies. It's also more fun!



IMAGE STEFAN HOLM / SHUTTERSTOCK.COM



If you like running to music, find a pair of headphones that allow some noise through, as these will enhance your perception of what's around

10 COMMUNICATION

Make sure you tell a friend or family member when you leave for your run, and that they know where you will be running; this is just as important during the day as well as at night.

It only takes a second to send someone a text or email before you leave. Always take a fully charged mobile phone with you so that you can call for help if necessary, and add a local taxi firm's number to your phonebook. Imagine if you got lost or injured? Have a back up plan and someone to call for help.

AND FINALLY....

"The risk of being attacked when you're running is really very low," explains Detective Superintendent Palmer. "In my 27-year career I've only ever known of two cases of a female runners being attacked when running.

In fact, I'd go as far to say it's probably as likely you'd be involved in a plane crash than be assaulted when you're running. Having said that, it can happen and it's important for all runners – men and women – to take precautions. Any 'would be' assailant is really only looking for either money, items of high value or to sexually assault. So avoid having your phone on display or wearing jewellery, which puts you at risk of being a target for theft. The risk of sexual assault is very low indeed, but women should take precautions to make sure they feel safe – so run where there are other people and run with a friend or group. Women can feel uncomfortable and scared if they are shouted at or heckled, even if it's not menacing, so it can be a good idea to run with a group or friend as it will make you feel safer. Prospective attackers are looking for an easy target and runners are NOT an easy target. We move too quickly for one thing!"



EVIE SERVENTI
EXPERT ADVICE IN -
THE PSYCHOLOGY OF
RUNNING

Evie Serventi is deputy editor at *Running fitness* magazine. She is a qualified journalist, keen runner and triathlete, and health mentor. She is also studying sports psychology and has a dedicated interest in training your mind. www.evieserventi.com

ASK *the* EXPERT: MOTIVATION

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention



Pre-race nerves

Q Dear Evie,
I get really nervous before a race. I'm not particularly fast but I like to do my best. I mostly do 10km and my local parkrun, which is really friendly and low key. But even so, for days beforehand, I start getting nervous and feeling sick. Just the thought of the race makes me feel jittery and I never sleep properly the night beforehand. I have no idea why I get like this, and I need to get a grip on it. Is there anything I can do to try and get a handle on it?

Paula Lloyd, via email

A Having an element of pre-race nerves is to some extent, normal, and you are by no means alone. Runners and athletes of all abilities can experience anxiousness and nerves both during training and before races. You could even argue that you need nerves; they are natural. Below are the tools that I've experienced work a treat with nerves:

EXPERIENCE - The more you can familiarise yourself with the experience, the easier you can transfer your nerves into manageable excitement. Run around the park that hosts parkrun a few times before the race to

familiarise yourself with the route; imagine being there on race day; such as the crowds and clapping...

VISUALISE - This is one of the most effective methods of preparing for a race and minimising nerves. Imagine yourself at the start-line; visualise yourself as you settle into a comfortable rhythm; hear the cheering crowds and the clapping as you head for home; even visualise things that can go wrong - then see yourself as you get through these challenges. You are slowly familiarising yourself to the race day experience and this will make a huge difference to your nerves and performance.

BREAK IT DOWN - Try not to think about your ultimate

goal, whether its getting a PB or finishing fast, instead put your energy into each day's training, your morning routine, your nutrition, even your sleep. If your goal is to do your best, practise self-acceptance and acknowledge that you are doing your best!

SELF-ASSESSMENT - Ask yourself: why do you run? Write down your answers so you can read them frequently. This helps you cognitively load positive affirmations ('I run because I feel good about myself'; or 'I run to clear my head') and separate reality from the often negative thoughts in your head. Focus on what you can control.

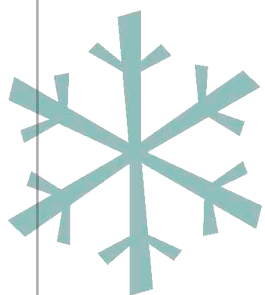
MIND OVER MATTER - You can re-train your brain and

ASK THE EXPERTS
Do you have a question? Email the team at rf.ed@kelsey.co.uk
Twitter: @Runfitmag
Facebook: [facebook.com/RunningFitness](https://www.facebook.com/RunningFitness)

every time you are nervous, tell yourself you are excited instead. Try visual boards like 'nerves + excitement' or 'anxious' = 'participation and success'.

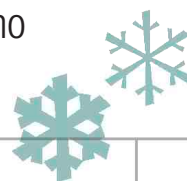
DEVELOP RITUALS - sticking to a structured routine before the race can help to keep you focused and calm.

Try these tips and do let us know how you get on.



FESTIVE GIFTS

Not sure what to buy your **RUNNING FANATIC**? Look no further than our top selection of Christmas gifts



ADIDAS MI ENERGY BOOST: CUSTOMISATION (MEN'S AND WOMEN'S), £140

Looking for a gift with a bit of creativity? Why not bring your own style to these adidas energy boost™ shoes. A wide range of colours let you fine-tune the design with fresh combinations and distinctive hues. You can even pick the colour of the lining and laces.

www.adidas.co.uk/customise



BROOKS ADRENALINE GTS 15, £110

Brand new to the market is Brooks' Adrenaline GTS 15, with all the qualities you'd come to expect from this brand, but with updated features such as an improved midsole with BioMoGoDNA providing a more plush and consistent ride, and a new upper to help minimise irritation. Plus it's 0.3oz lighter.

www.brooksrunning.co.uk



BROOKS MENS ESSENTIAL JACKET LV, £75

Aptly named, this jacket is an all-access pass to year-round running. "It's just like having a winter home in the Caribbean," and we couldn't agree more. The jacket is also neon, meaning you'll get seen on even the darkest of nights.

www.brooksrunning.co.uk

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www.physicalcompany.co.uk

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MYTHOS WS LADY
GLOVES, £39.99**

Made from WINDSTOPPER® fabric, these soft and insulating gloves are fleece lined and have reflective piping, perfect for night running. A thoughtful stocking filler. www.goreapparel.co.uk



**YURBUDS INSPIRE 400
FOR WOMEN, £44.99**

Rock your workout with sweat-proof in-the-ear sport earphones. We loved the fact that these are specially sized for smaller ears and come in a great choice of colours. www.yurbuds.co.uk



**COLUMBIA WOMEN'S PLATINUM 860 TURBODOWN
HOODED JACKET, £150**

The new TurboDown jacket features a blend of synthetic insulation and natural down to create a warm outer layer, offering incredible breathability. Men's and women's options available, both with or without a hood. This is a fantastic gift for any runner who feels the cold and likes a snugly warm layer post-run. www.tiso.com



**BROOKS WOMEN'S
NIGHTLIFE LS, £50**

A perfect pullover, the NightLife LS is made for the shorter days when reflectivity is a must. The hood fits really well, ensuring you stay warm, and the colours were popular with the *Rf* team. www.brooksrunning.co.uk



CW-X VERSATYX RUNNING BRA, £59.99

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Just like the adult Adrenaline GTS 14, this kids' version provides the same support but is engineered with special features for rapidly growing feet.

www.brooksrunning.co.uk

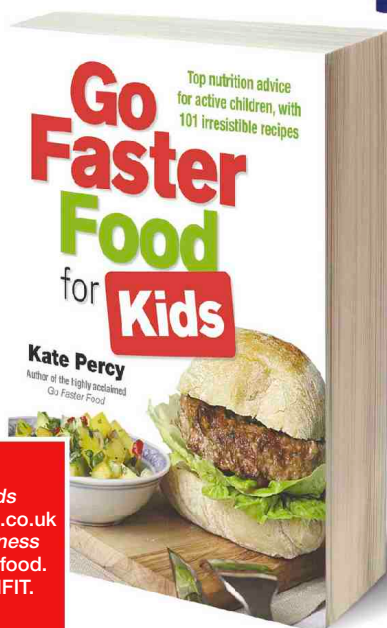


GO FASTER FOOD FOR KIDS, £16.99

Go Faster Food for Kids, the latest from *Running fitness* foodie, Kate Percy, brings you the essential toolkit to unlock your child's potential; top nutrition advice for active children plus 101 delicious, fuss-free family recipes to put this into practice. A perfect gift, Kate engages children and parents alike with her practical approach.

READER OFFER

Copies of *Go Faster Food for Kids* (£16.99) are available on amazon.co.uk or with a 30 per cent *Running fitness* reader discount at www.gofasterfood.com, using the promo code RUNFIT. Offer ends January 31, 2014.



MORE MILE CALIFORNIA LONG COMPRESSION SOCKS, £4.99

You don't need to spend a fortune on kit, and these long compression socks, although not strictly for children, come in bright and appealing colours making a great, trendy accessory for any young runner. And at only £4.99, they'll make an ideal stocking filler.

www.startfitness.co.uk



FOR THEM



MORE MILE MORE-TECH JUNIOR LONG SLEEVE RUNNING TOP, £8.95

These running tops are ideal for the fashion conscious and they don't cost a fortune, making them ideal gifts for active kids.

www.startfitness.co.uk

ALL WE WANT FOR CHRISTMAS IS...



Natasha Shiels: "An extra hour in the day, or a really good GPS watch."



Sarah Ivory: "A new pair of Inov-8 Roc-lite trainers. They're light, waterproof and perfect for muddy trails."



Sarah Russell: "Hmmm, an entry to the UTMB??? Probably some sealskins or CEP socks!"



Tony Phillips: "A new head torch, powerful enough so that I can go off road on my early morning runs."



Matt Phillips: "A seasonal run in the snow along Brighton promenade!"



Tell us what you want for Christmas at:



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OSPREY SOJOURN 80, £180

The Sojourn 80 from Osprey is the perfect gift for the adventurous runner. Featuring a cavernous 80 litres of space, it is a rolling bag with the added benefit of a rucksack style harness gives you the option of rolling it or carrying it on your back. Weighing in at only 3.4kg it leaves plenty of room for all your running kit without tipping you over the baggage allowance. Osprey are renowned for incredible high quality and durability and this bag certainly lives up to expectations. Any runner would be delighted with one of these under the tree!

www.ospreyeurope.com



GARMIN FENIX 2 SPORTS WATCH, £359.99

This is the ultimate watch for the all round sportsperson. This special Christmas edition pairs new running metrics with Garmin's outdoor navigation, based on high sensitivity GPS, barometric altimeter and three-axis compass. Includes indoor training functions, ski mode and swim mode.

www.garmin.com



TRILIFE VOUCHER, £10, £20 OR £50

Want to provide some coaching as a gift for the athlete in your life? Leading triathlon coaching company www.thetrilife.com provides gift vouchers that can be used to buy triathlon training plans or swim stroke analysis, or to put towards triathlon training camps and preparation days. Available as £10.00, £20.00 or £50.00 vouchers.

www.thetrilife.com



RALEIGH RX ELITE, £800

For athletes just getting into cycling, there's no better bike than a cyclocross. These are do-it-all machines for winter or summer. Originally designed for cyclocross racing, they have plenty of manoeuvrability with knobbly tyres for grip on the mud, and the lightweight frames are more than adequate for road riding too. The Raleigh RX Elite is a pricey gift, but imagine the look on the recipient's face!

www.raleigh.co.uk/dealerlocator



**POLAR M400, £134.50
(£169.50 WITH HR MONITOR)**

Any runner would love the new Polar M400 under the tree this Christmas. Aimed at people with an active lifestyle who enjoy being outdoors, it's intuitive and user-friendly, offering heart rate and activity tracking, and an amazingly accurate GPS. Great features at a fantastic price.

www.polarm400.com



ADIDAS MICOACH FIT SMART, £145

Designed to be your own personal fitness coach, the miCoach FIT SMART watch provides simple visual guidance to keep you on track. Featuring an integrated accelerometer that tracks pace, distance and stride, it also syncs wirelessly with the miCoach Train and Run app.

www.adidas.com



YURBUDS INSPIRE 400, £44.99

Let your music motivate you with exceptional sound that stays put. These sweat-proof earphones feature a three-button command centre and microphone for music, call, volume and voice control that works with Apple devices, plus JBL® signature sound, TwistLock™ technology, and tangle-free magnets. Available in red and black.

www.yurbuds.co.uk



GARMIN VIRB ELITE ACTION CAMERA, £299

The Garmin VIRB is a HD video and camera which can capture your trail runs, bike rides and adventures. It attaches to handlebars, a helmet, your arm, wrist or your head. Totally waterproof, rugged and durable. Perfect for the trail running, mountain biking, adventure sport lover!

www.garmin.com



BRAUN EXACTFIT 5, £79.99

This blood pressure machine features two cuff sizes to ensure exact fit and accuracy, inflation technology for a more comfortable and faster measurement, and stores up to 60 readings across two users with exact day/time of measurement. Plus it's World Health Organisation compliant.

www.boots.com



TRION:Z SPORTS WRISTBAND, £19.99 OR £24.99

This magnetic therapy health bracelet comprises high Gauss magnets with negative ion technology, which is believed to increase blood flow and oxygen particularly to pain affected areas, and help fight inflammation.

www.trionz.com



BROOKS PURE PROJECT BEANIE (WOMEN), £16

Stay warm on your long runs with this gorgeous beanie from Brooks. A 'floppy' fit gives it a more trendy look yet it's made of technical fabric and is lightweight and breathable.

www.brooksrunning.co.uk



BAMBOO ACTIVE SOCKS, £16.50 (SET OF FOUR)

These gorgeous soft bamboo ankle socks are perfect for running, cycling or just lounging around. They keep your feet warm in the winter, and yet cool in the summer. Range of colours for both men and women.

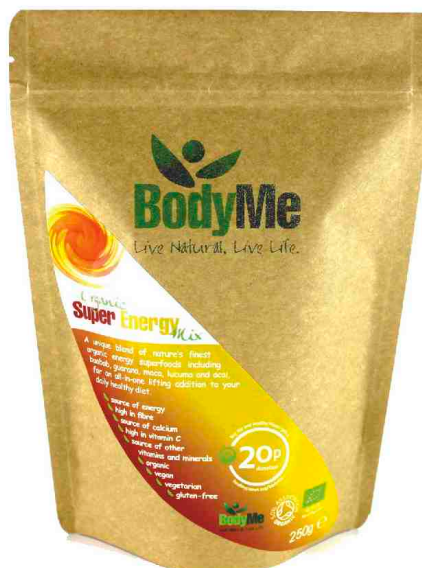
www.bambooclothing.co.uk



MR LACY RUNNIES SHOELACES, FROM £4.00

Have you ever wanted a change to the standard laces which come with your running shoes? If so, check out the range from Mr Lacy which include hydrophobic laces that won't soak up water, and reflective styles which increase your visibility in poor light conditions. All styles are available in a variety of colours to suit your mood (and the colour of your shoes!).

www.mr-lacy.com



SUPER ENERGY, £6.99/50G OR £19.00/250G

A new, natural powder full of nutrients including Maca root, extracts of Guarana, baobab and lucuma trees, and acai berries. Safeguard your performance as you push it to the next level without relying on preservatives or colours. A donation from each sale goes to Healthy Planet so you benefit in more ways than one!

www.bodyme.co.uk



GRAHAM'S SKINCARE NATURAL SOOTH-IT BALM, £20.99 (120G)

New to the UK from Australia, this is a super hydrating and soothing ointment for cracked and parched skin on hands and feet. It absorbs quickly and is non-greasy. Perfect for winter runners!

www.grahamsskincare.co.uk

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NEXT MONTH

January issue on sale December 12th

RETURN TO RUNNING

*Have you been injured or had a baby?
We help you get back into your stride*

STRENGTHEN YOUR FEET

*The vast amount of wear and tear on our
feet can be damaging; we look at ways to
strengthen them*

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INSPIRED BY THE BEST ● MARA YAMAUCHI



INSPIRED BY THE BEST

MARA YAMAUCHI

Famous as the second fastest **BRITISH FEMALE MARATHON RUNNER** in history, former Olympian Mara Yamauchi still runs for enjoyment and to stay healthy. We find out how she fits in exercise around work **WORDS** Rebecca Gibbs



Mara, you competed in an amazing total of six London Marathons, including coming second in 2009. Do you have any standout memories from these races?

Finishing second in 2009, defeating the Olympic and World Champions and smashing my PB (I ran 2:23:12) has to be the most memorable. Before that I had run 2:25 several times and just missed out on a medal at the Beijing Olympics, so it really felt like a breakthrough.

But my debut marathon, which was in London in 2004, was also a useful learning experience. I had a miserable run, got a stitch, failed to make the team for the Athens Olympics, and was disappointed. But I crossed the finish-line thinking 'I can definitely do better than that'. That was the start of several years of improvements and good performances.

You've said that simply competing in the Olympics fulfilled a childhood dream of yours. How did the atmosphere of the 2008 Beijing games compare to those held in London in 2012?

As an athlete, you're focusing 100 per cent on your performance, so to be honest you don't get much chance to soak up the atmosphere until your event is over. But my experiences of these two Olympic Games were very different. In Beijing I was in great shape, I knew I was going to run well, and my preparation had been excellent. In London I had an injury problem on top of all the expectation and pressure of a home games, so it was challenging. But difficult experiences can be better for you in the long run than positive experiences – you learn from mistakes, you get to know what real pressure feels like, and it makes you a much tougher athlete.

The press were always keen to highlight your assumed 'rivalry' with Paula Radcliffe. How did you stay motivated and focused?

I always focused on my own training, preparation and performance, because that is how you



LEFT: Training at altitude in Albuquerque, New Mexico.
ABOVE LEFT: Mara celebrates after overtaking Deena Kastor to win the New York City half-marathon in 2010
ABOVE RIGHT: Mara on her way to winning the ASICS Grand 10 race in Berlin, October 2011

improve and run fast. You can't control what other athletes do, so it's really pointless worrying about them. Of course I would check out other athletes' current form and tactics before races, and try to learn from what other athletes and coaches were doing. But essentially I concentrated on being the very best I could be in everything – training, recovery, nutrition, racing, mental preparation etc.

How do you now juggle your working life with an exercise regime? When do you get the chance to run?

I am now working self-employed as a coach, speaker and writer on running and performance issues. Because I work from home, I can be quite flexible about when I work and train. I like training early in the morning though so I try to get my running done first thing and then the day is free for work. It also means I never miss training because of unexpected things cropping up during the day. Looking after yourself as a runner is very important – eating real healthy food, getting enough sleep, doing conditioning to prevent injuries, etc. So I make sure I do my best with all these things too.

"...difficult experiences can be better for you in the long run [...] you learn from mistakes"



Do you have any time savers, gadgets or routines that help make it easier?

I always make my recovery drink before I go training so that I can drink it immediately after training while stretching or showering to speed up recovery.

I use a Garmin GPS watch to check my pace but I used to be a slave to it – now I just wear it now and again because I tend to run too fast if the Garmin tells me I'm running slower than I used to!

I still do my pre-run drills which I learned while competing as an elite athlete. It's a simple 10-minute routine which helps me maintain a good running form and keeps my glutes functioning well. My glutes are very lazy – if I don't keep them on their toes, they will sit back and let my hamstrings do all the work which I know from experience will lead to injury.

What is your favourite post-workout snack?

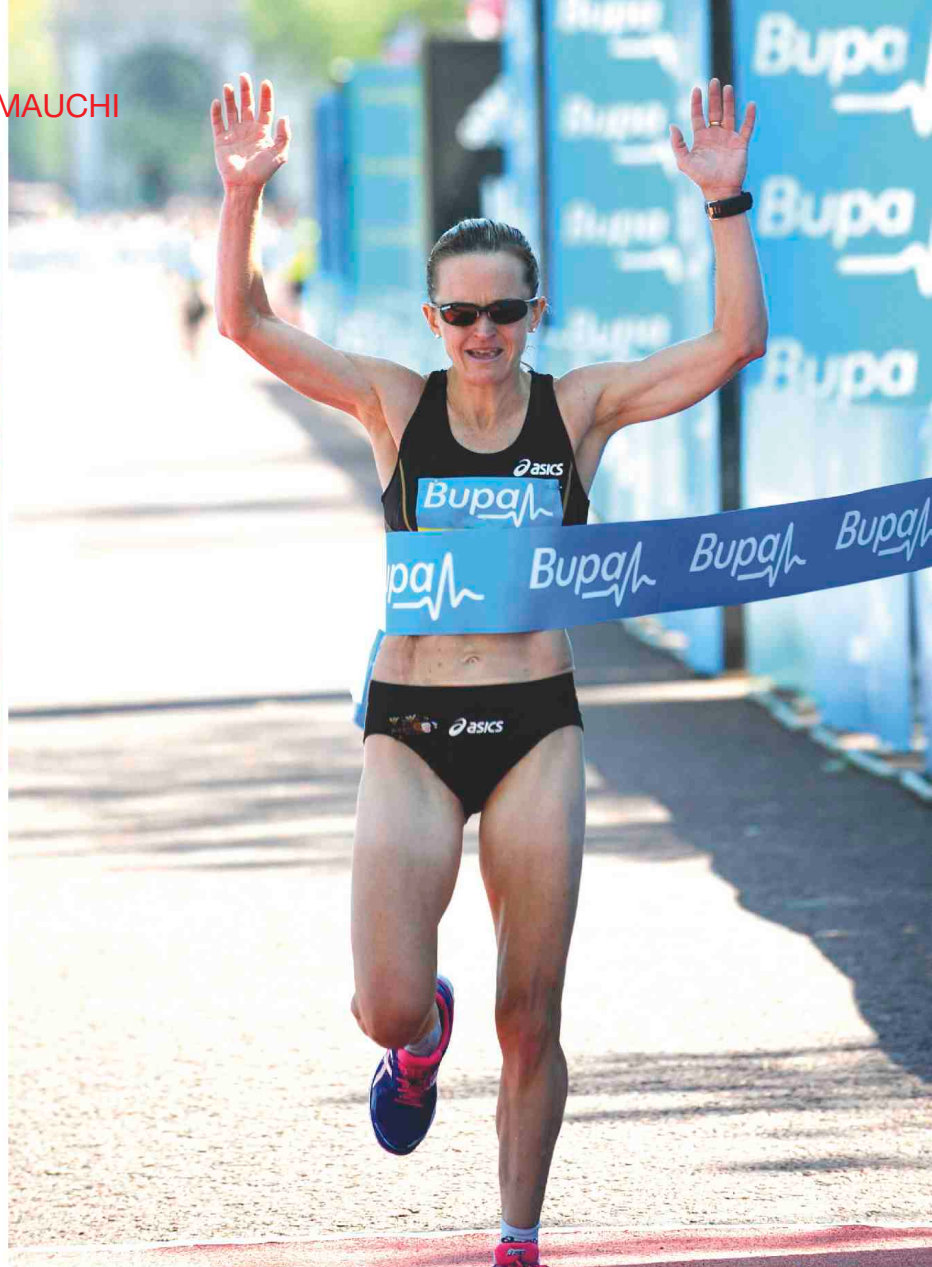
Always a drink rather than food because that way you replace fluids as well as energy. I usually use a protein/carb recovery drink with electrolytes which I find helps me recover more quickly.

Do you have a favourite piece of sports kit?

My tailor-made racing shoes made by the shoe technicians at ASICS in Kobe, Japan. Where a normal shoe would have the shoe model and size written on it, these shoes have 'Special' written on them, which is exactly how they make me feel! The ASICS staff show incredible commitment, expertise and devotion to helping their sponsored athletes perform at their very best.

What is it about running that you enjoy most?

There are many things – feeling fit and healthy, being outside in nature early in the morning, meeting my friends, feeling more alert after, to name just a few. Running is the most natural thing to do, and I will always love it. I can't imagine never running, and hope I die still able to run!



How would you encourage anyone who has never tried running before to give it a go? How has running benefitted your life?

Start off gently, mainly with walking, and then slowly introduce running, e.g. in a 30-minute walk, you could include eight lots of one-minute easy jogging. Once that feels comfortable, gradually increase the length of each jog to two minutes, three minutes, etc.

I would also recommend ignoring the mountain of advice out there! There is so much that it can be overwhelming and confusing. Instead, focus on yourself and what you enjoy; e.g. do I want to run in a park or on a road? Do I want to go with a friend or alone? Am I a morning person or would it be better to run in the evening? And so on. Running definitely can be enjoyable for everyone – the key is figuring out what works for you.

It takes time to reap the benefits of running, so it's also important to stick with it consistently for at least six weeks, even if it's really hard to start off with. By doing this you'll be giving your body time to adapt, to get fitter or perhaps to lose weight, all of which are all beneficial. If you quit too soon, you may never discover the positive things running can give you. ●

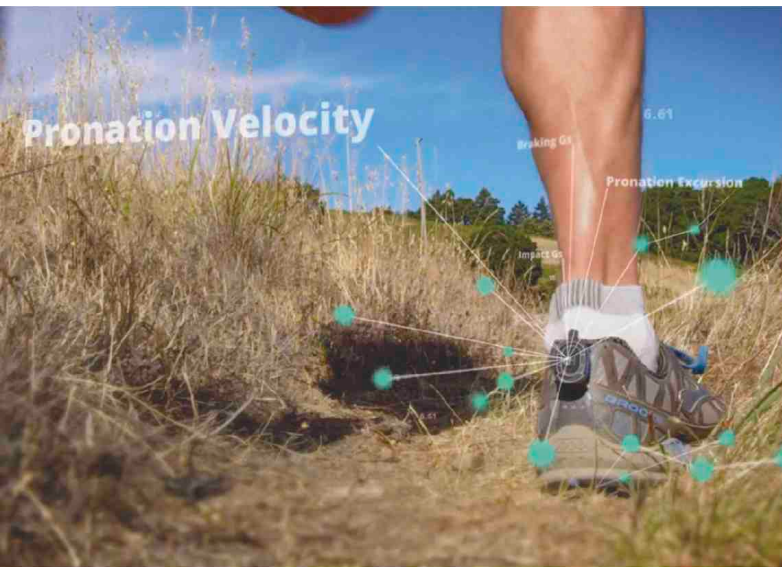
LEFT: Mara celebrating after finishing sixth in the women's marathon in Beijing in 2008.
ABOVE RIGHT: Winning the BUPA London 10k in 2012.

Info

Follow Mara at
www.facebook.com/marayamauchi and
[@mara_yamauchi](https://twitter.com/mara_yamauchi)

Hot footing

No part of the body is safe from the **NEW WAVE** of running technology



ABOUT THE AUTHOR
Dave Standen writes about running, technology, and running technology. Follow him on Twitter @DavidStanden

of their training, understand how their running style is affecting performance and find out how their foot strikes in different contexts (training, sprinting, racing).

It's always pleasing when people try to do new and innovative things in the ever increasingly over-filled activity tracker market. And both Sensoria Fitness and runScribe have identified a real need from runners – to learn more about how important the way you use your feet is.

What particularly excites me about this kind of data is how it could potentially be cross-referenced with

information from other activity trackers using Apple's Health platform or Google's Fit. This is how runners can get a more detailed idea of their health and fitness levels.

My only concerns around Sensoria Fitness and runScribe are that their devices may soon be redundant. How long will it be before Nike and other major shoe brands start building this kind of technology directly into their products? It seems like the natural evolution, where data gathering and apparel are intrinsically linked.

The big brands are notoriously slow off the mark with this kind of thing. This may well be the case of a couple of start-ups paving the way for the trainers of the future. Watch this space **●**

Running fitness technology is migrating south. The wrist is no longer the sole destination for gadget manufacturers, with ankles and feet becoming new territories rife for discovery.

Two companies are currently vying for space on your lower leg, somewhere that's traditionally been home to the stalwarts of running apparel: the sock and the shoe. Sensoria Fitness – which already has previous in the wearable tech field – and runScribe have both got new products that might make you reconsider where you carry your activity tracker.

First up is Sensoria Fitness, which has created smart socks. Yes, smart socks. They're made with textile sensors and come with an ankle bracelet that makes you look like you're under house arrest.

Together – along with the obligatory accompanying app – the socks and the 'anklet' track the familiar metrics of steps, speed, calories and distance. Where the smart socks differ from other activity trackers is that they also measure cadence, foot-landing technique and weight distribution. This kind of technology can help runners improve their style and hopefully avoid injury (the app promises to give you real-time audio feedback on your running style), which begs the question: why isn't anyone else doing this?

Enter runScribe. The company has created a small, lightweight, pebble-shaped device that fits onto the back of your shoe. The runScribe punches well above its weight, measuring total foot strikes, pace, the force of each foot strike, how much you pronate, how long your foot's in contact with the ground and a number of other data points.

This kind of information can help runners assess the intensity

This kind of technology can help runners improve their style and hopefully avoid injury



BEHIND THE BRAND

We delve behind the scenes with our running expert Q&A

WORDS Stewart Haynes

Q What is your job role, and what does a typical day involve?

We work primarily on communication packages around new innovations. Such tasks include video interviews with experts as well as explaining complex technologies in a simple yet convincing way to enable internal business colleagues and/or external agencies to create consumer facing materials.

Q Tell us about your running: how far do you run? And have you any special stories that you would like to share?

My running focus has changed to stay fit and healthy, and is no longer on a competitive level. My daily runs depend on the pace that my young Golden Retriever forces me to run! Almost 100 per cent of my runs are on nature trails near my house – from 3k if time is short, up to 1.5 hours in nearby mountains on a weekend. My dog (Emil) – my running partner – is named after the famous Czech runner Emil Zatopek – long story short: my first (female) dog was named Dana, and that was the name of Emil's wife. As I knew them both personally quite well, I promised them back in 2000 that if I ever had another dog, it would be a male and definitely named Emil... It's no big surprise to me that he loves running so much!

Q Do you have a preferred time of day to run, or do you fit it in when you can? What about your favourite running route/location? Favourite music track?

For me there isn't a better time to get out than an hour before it's getting dark, or just after a huge thunderstorm when the air is clean and fresh. When I'm running outside, I don't run with music – the symphony of birds and nature can not be beaten by anything. It's different though when hanging out in a hotel gym. I've recently been to China, and although the gym has everything you need, it isn't particularly inspiring... That's when the iPod does the job. In terms of my favourite running route, it's tough but my all-time favourite trail is located on the Oregon Coast (Echola State Park Trail). I've been travelling there for over 25 years now and it still makes me breathless!

THE EXPERT

NAME: Udo Müller

BRAND: adidas

JOB TITLE: Senior technical marketing manager/adidas innovation team (aIT)

LOCATION: Germany





Q Which shoes do you currently run in? What makes them so good for you?

I wish I could have had adidas Boost shoes back when I was running in races in the 80s! They'd have made my 2.5 hours for the marathon distance a lot easier. Today I use Boost footwear for comfort reasons, along with their unrivalled energy return properties. For the sort of runs I do it helps as well that they are resilient, durable and good on all surfaces and at all temperatures.

Q What do you think has been the biggest technological change/development in shoes over the last few years?

I have experienced times where shoes got too soft and were extremely unstable in the late 70s and early 80s, and then times where there was over-support for runners with video cameras in every store – during these years shoes often got too firm and bulky. However, all that had little or no effect on reducing injury rates and the comfort dropped in many cases. Today, after 45 years of running, I feel more and more that runners should focus first and foremost to how they feel in footwear and if a shoe truly fits. It's something we are really proud about with Boost, in that it feels soft, but provides superb stability and allows the foot to move naturally.

Q Have you any thoughts on running shoes for the future? Any new technologies around the corner for your brand?

Less is more. That doesn't mean that a shoe just has to be lightweight or down to under 100 grams. Comfort and fit matter first and foremost. I never used shoes that came without natural transition from heel to toe, or midfoot to toe, depending on your style. The shoes must follow your foot movement and not vice versa! As more and more people get into running best fit, feel and transition will become what is focused on, allowing you to enjoy your run and almost not thinking about what you have on your feet. With new innovative materials available today, things can be integrated in footwear which would have been impossible a couple of years ago, but there can be red herrings too. It wasn't that long ago that serious running brands tried dropping soft eggs on gels to prove how great their materials were.

I personally would not have thought that by using expanded thermoplastic foam (that was created in partnership with the leading chemical



The adidas Advanced MD track spike helped Gebrselassie win gold

supplier BASF) that our innovation team could combine softness and stability in the same shoe by creating Boost foam. And we've only just scratched the surface of what lies ahead of us. Of course we still need different shoes for different runners, due to the fact that our feet are as different as each individual face, and there are plenty of different needs to be taken into consideration. What I can say is there are lots of exciting new innovations to be rolled out in the seasons to come, so stay tuned.

Q What would be your greatest running shoe?

That's an easy one for me. I could say it is the Marathon 80 as this shoe took me through Berlin to run my PB in a marathon, but there is only one true winner for me: the Advanced MD track spike, a

simple yet great fitting distance spike. This was my first shoe that I was responsible for at adidas and it later took Haile Gebrselassie to

“I feel more and more that runners should focus first and foremost to how they feel in footwear”

over 20 world records and to his first Gold medal in the 1996 Olympics in Atlanta.

Q Who would be your greatest runner of all-time, and why?

Emil Zatopek – he is the one and only distance runner who has managed to win gold over 5k, 10k and the marathon distance at the same Olympics (Helsinki, 1952). No other distance runner has ever been able to beat this record.

Q Sum up what running means to you in three words?

Running is life.

Q If you were to give one piece of advice to someone buying running shoes, what would it be?

Listen to your inner feeling and THEN get the advice of the retail staff. Try the shoes on and forget what brand they are. Even though I personally would be pleased if there were three stripes on the ones you pick!

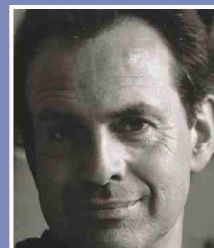


IMAGE MARK SHEARMAN

QUICK FIRE QUESTIONS

Best marathon: London or Berlin?
BERLIN

Running with music: with or without?
WITHOUT

Running surface: road or treadmill?
NEITHER; TRAILS!

Type of event: 10k or ultra marathon?
ULTRA MARATHON

Best Athlete: Kenenisa Bekele or Haile Gebrselassie?
HAILE GEBRSELASSIE

Toughest marathon World Record: Paula Radcliffe or Dennis Kimetto?
PAULA RADCLIFFE

Preferred time to run: morning or evening?
EVENING

Favourite running session: long, slow or intervals?
SLOW

Running socks: compression or ankle?
ANKLE

Post race reward: t-shirt or medal?
MEDAL

Nutrition: gels or bars?
GELS

City break: New York or Paris?
NEW YORK

Reading: book or Kindle?
BOOK

Food: pasta or pizza?
PASTA

Holiday: beach or sightseeing?
BEACH

Wine: red or white?
RED

Favourite ice cream: Häagen-Dazs or Ben & Jerry's?
HAAGEN-DAZS

1



NEW SEASON SHOES

Looking ahead to **NEXT YEAR**, what exciting shoes can we look forward to trying out?



2



3

STEW'S HOT PICKS

PURELIME COMPRESSION BRA, £34.99

Scandinavian brand PureLime has a great range of clothing this winter including this compression bra. Made from Coolmax, the bra is not only breathable but also restricts breast movement during exercise (up to 75 per cent). Available: 28A-44H. www.purelimeshop.com



ASICS HOODIE, £45

Look good and stay warm with this ASICS hoodie made from terrycloth fabric. Great for keeping warm before and after an event, its stylish looks make it ideal for casual use too. Available in heather grey, power green and speed blue. www.asics.co.uk



4



1 NIKE AIR ZOOM STRUCTURE 18, £100

This well-loved shoe from Nike has had a couple of updates with input from American distance runner Galen Rupp, however, there are not enough changes to worry its loyal followers. Stability has been improved thanks to a triple-density dynamic support midsole, with a firmer foam being used on the inside of the shoe from the heel to arch. The Zoom Air still provides great cushioning without feeling overly spongy, and ensures you have a responsive ride.

www.store.nike.com

5



2 SKECHERS GORUN ULTRA, £80

Skechers have really started to make inroads into the running market, and these GORun Ultra shoes not only look great, but are competitively priced. Not for the light-hearted, these 'extreme' shoes are ideal for long distances and all weather conditions, thanks to three layers which ensure your feet stay cool and dry.

www.skechers.co.uk

6



3 ON CLOUDRUNNER WINTER EDITION, £140

On running shoes are relatively new to the UK market; however, that hasn't stopped the Swiss brand expanding their range of unique-looking shoes. The winter version of the Cloudbunner has a 100 per cent waterproof and windproof upper for maximum protection against the elements. The technology of the midsole is still based on the 15 hollow pods which absorb impact and remain responsive. The outsole itself hasn't been adjusted for off-road conditions, however, we did find that the pods provided grip in muddy, boggy conditions.

www.on-running.com

4 ADIDAS ADIZERO ADIOS BOOST 2.0, £110

If you are looking for a shoe for racing or for those quicker workouts, the Adios Boost is a great neutral option (Dennis Kimetto recently wore a pair when he broke the world marathon record). The Boost midsole feels cushioned when you slow down but ultra responsive when you pick up the pace. The grip from the continental rubber is outstanding, whilst the breathable Coolever mesh upper feels nice and soft to the foot even after the hardest of runs.

www.adidas.co.uk

5 NEW BALANCE 880V4, £94.99

Slightly lighter than its predecessor, the neutral 880v4 provides an extremely cushioned ride for its weight (269g). Uniquely, the midsole comprises of two different types of foam – Acteva Lite next to the foot for softness and Abzorb next to the ground for durability. The result is a go-to-shoe which can be relied upon to effortlessly churn out mile after mile on the long open roads.

www.newbalance.co.uk

6 THE NORTH FACE ULTRA EQUITY GTX TRAIL, £120

The North Face have a great tradition for adventure running products, and the Ultra Equity GTX shoe carries this on. This trail shoe has a waterproof Gore-Tex upper to protect you from the wettest of conditions, and a Vibram rubber outsole which is designed specifically to grip on off-road terrain. The shoe also has a medial post for over-pronators, whilst the upper has a plush feel to it making you want to make the most of your trail running.

www.thenorthface.co.uk

COMPILED BY STEWART HAYNES

RONHILL TRAIL TYPHOON SMOCK, £125

Although you may not need to use it in a Typhoon, this jacket will protect you from the severest of British downpours. The Aqualite fabric is waterproof and has taped seams, whilst the handy zipped chest pocket is also sealed from the rain. The hood can be adjusted and packed down, and the Velcro cuffs can be altered for a perfect fit.

www.ronhill.com



SILVA TRAIL RUNNER II USB HEADTORCH, £80

This style is an updated version of the popular Trail Runner, but now with the added feature of being able to charge it via the USB port on your computer – very handy if you are running to/from work.

www.silva.se



IFFLEY ROAD BEANIE, £28

Perfect for when there is a chill in the air, this beanie from Iffley Road is made from merino wool which regulates body temperature ensuring that your head will stay warm without getting too hot. We loved the low key appearance with the discreet logo detail.

www.iffleyroad.com



CROSS-TRAINING ● SUSPENDED TRAINING



SUSPENDED BODYWEIGHT TRAINING

You've seen the yellow and black straps in gyms, but did you know that they can be **BENEFICIAL FOR RUNNERS?** We find out why, and share five great exercises to help you strengthen your core **WORDS** Steve Barrett

As a trainer, author and presenter for the last 20 years, I get to travel to all the major fitness shows around the world; these events are where companies spend massive amounts of money launching new products. Ten years ago, as I approached the San Francisco convention centre, I noticed a guy with some black and yellow straps hanging from a lamp post. I stopped and chatted for a while, and he told me they were called "TRX". I remember walking away thinking: 1) What brilliant guerrilla marketing that was; 2) I had just witnessed a truly genius product; 3) I wish I had thought of that!

ORIGINS IN THE US NAVY

I travelled back to the UK with three sets of the now, famous black and yellow straps in my luggage, after actually meeting the man who changed the way we think about core training and strength and conditioning, the inventor Randy Hetrick. His work on the creation of this amazing fitness tool started years before its launch, and has cultivated many urban legends along the way, with most of them being true.

The straps were first created during Hetrick's service in the US special forces as a Navy Seal. He first hatched the idea of training by using your own bodyweight when he started doing pull ups and push ups hanging on a martial arts belt that he'd found in his kit bag whilst on a training mission. Hetrick hand-sewed the first prototypes using the belt and old parachute material, and TRX Suspension Training® was born. Since then, many companies have produced similar products, but TRX still reigns supreme because Hetrick didn't stop at making 'straps': he then went on to develop a most comprehensive list of training programmes for the fitness industry.

A FULL BODY WORKOUT

With winter upon us the time is right to introduce Suspended Bodyweight Training (SBT) to your schedule as the benefits will not only enhance your athleticism when running, but also contribute to you feeling stronger and more agile in everyday life. Whilst there are 100s of exercise options with a TRX, the beauty of SBT is that during almost all of them, you are working both the big dynamic muscles in the upper and lower body, plus the core stabilisers in the torso, lower back and pelvis. In this way, even common moves such as squats – which ordinarily target predominantly the legs – are transformed with SBT because every muscle between the contact points

(hands and feet) becomes fully engaged in the activity.

SBT is an especially beneficial form of cross-training for runners because it allows you to adjust the resistance. If you step away from the anchor point (whatever the straps are hung from) when standing, then the challenge decreases. However, when you step towards the anchor every muscle involved in the exercise has to work harder. At all times the greatest force you will ever experience is your own bodyweight, which if you think about it, is all (an unladen) runner needs to do.

If this is the first time you have seen SBT then you could be forgiven for wondering what all the fuss is about. Looks, however, can be deceiving. Having worked with hundreds of trainers and athletes over the years, it's rare to have anyone use it for the first time and not be surprised, firstly at how different this feels from lifting weights, and also how intense the moves are – even though you are 'only' moving your own bodyweight. As with any product that falls into the 'gadget' category, there will always be an element of scepticism over whether it's simply clever marketing, or if there is actual proof or scientific studies to back up the benefits. Whilst no doubt there are studies out there, TRX® allows the results to speak for themselves.

CONVENIENT HOME WORKOUT

TRX® comes straight out of the box, ready for action. Whilst in health clubs and gyms they are suspended from metal 'A' frames, at home you can use them with any structure which is strong enough to take your weight (they even make a clever door attachment which enables you to use a doorframe as your anchor point). Trees, lampposts and even the gun on the front of a tank have been used! As long as the anchor is approximately seven feet from the ground, the options are endless.

WHAT ABOUT INJURY?

Can you train if you have an injury that has stopped you from running? Most likely yes, but with any type of exercise you need to proceed with caution; beware of going online and just randomly trying out any of the exercises that enthusiasts have posted, as many of the moves are intense). Almost all SBT moves can be modified to be made easier, simply by adjusting the length of the straps and your position in relation to the anchor; but the best advice is always to treat every injury case by case.

TURN TO P72

For five 'hero' exercises which aim to give you the best results in the shortest amount of time.

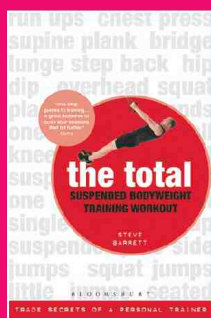


Trees make an ideal anchor point

5 HERO EXERCISES

Here are five 'hero' exercises which aim to give you the best results in the quickest time

These are all compound moves, which means they challenge muscles up and down stream of the kinetic chain. After warming up with some dynamic moves, ease your way into the first few repetitions of each exercise to establish your range of motion, then aim to do just short of as many as you can. If you get past 20 repetitions, then it's likely that you need to adjust your position to increase the resistance.



ABOUT THE AUTHOR

The Total Suspended Bodyweight Training Workout (Bloomsbury, £14.99/ £12.99 eBook) is available from all good book shops and is part of the *Steve Barrett Trade Secrets of a Personal Trainer* series, which now includes his latest work on foam rolling. Steve is a brand ambassador for some of the world's biggest fitness companies; he is an author and product/programme developer. Find him on Twitter: @GuyInShorts or email him at Steve@sodoto.com

1 OVERHEAD SQUAT FACING ANCHOR

With your arms raised above your head, step away from the anchor point until the straps are tight. Now, take a small step towards the anchor point so your feet are slightly in front of your hands and the straps are supporting your entire weight. Look up at the anchor point, squat down but don't pull on the suspension system, just let it take some of your weight. When you can't squat any lower, stand back up.



2 FOOT SUSPENDED LUNGE

Hook one foot into the strap and carefully hop away from the anchor point, until you feel your back foot being gently lifted. Pause until you are sure you are balanced, then squat down onto the front leg. When you reach 90 degrees at the knee, stand up. Your suspended foot should arc back towards the anchor as you are squatting.



3 ONE HANDED SQUAT AND PULL

Holding one handle, step away from the anchor and suspend yourself to approximately a 45-degree lean. Look up at the anchor point; your weight should be evenly spread across the front and back of your feet. Squat down, but don't pull on the suspension system, just let it take your weight. When you can't squat any lower, stand back up and simultaneously pull with the arm holding the handle. With the free hand, reach up towards the anchor point.



4 HAMSTRING CURL

Place your feet in the foot-straps whilst directly under the anchor point, then shuffle your body backwards, lift your hips up. Your touch points are the heels in the straps and your shoulders (avoid pressing your head hard against the floor), bend your knees until your heels are as close to your glutes as possible, then straighten your legs again and repeat.



5 HIP DIP

Step away from the anchor point until the straps are tight, hold your arms above your head (forming a circle) but don't let your arms touch the side of your head yet. Drop your hip away from the anchor, and as you bend at the waist you should try to make your head touch your bicep (the side furthest from the anchor); engage the muscles in your waist to pull you back to the start position.





MATT PHILLIPS
EXPERT ADVICE IN –
INJURY PREVENTION

Matt Phillips is a run conditioning coach and sports therapist with a wealth of experience working with runners of all levels. He is based at StrideUK and Studio57clinics in Brighton, Sussex. Follow Matt on Twitter: @sportinjurymatt

ASK *the* EXPERT: INJURY

Our team of experts are on hand to answer your running-related questions, from training to nutrition, health to injury prevention



Foot pain doesn't mean
the end to running

Hallux rigidus

Q Dear Matt. After 20 years of happy running, my mid 40s brought a pain in my left foot, which was subsequently diagnosed as hallux rigidus. Unable to run, I discovered cycling and am now loving it. The problem is, I still have this desire to rediscover the freedom that running gives. Friends have taken up triathlon/Ironman, particularly relevant here in Pembrokeshire, and I really want to join them. Therefore the question is, without surgery, is there anything I can do especially with regards to footwear?

Thanks, Phil Smith

ASK THE EXPERTS

Do you have a question? Email the team at rf.ed@kelsey.co.uk

Twitter: @Runfitmag

Facebook: [facebook.com/RunningFitness](https://www.facebook.com/RunningFitness)

A Hallux rigidus, translated as 'stiff big toe', is a condition that many runners are unaware of and sadly ignore until surgery has become one of the only viable treatments. As far as managing it goes, it largely depends on the cause and extent of the restriction in the big toe joint. As I'm not aware of your history, I will give you a generic breakdown that I hope will be of use.

Hallux rigidus implies no movement at all in the big toe joint. If there is no movement at all, surgery is normally the only way to eliminate the

pain. That said, hallux rigidus is normally preceded by a period of time in which there is limited movement as opposed to none at all, for which the term hallux limitus is used. Hallux limitus is graded according to how much movement is available, and whether the restriction is caused by the mechanics of the foot (functional hallux limitus), or by joint degeneration (structural hallux limitus). When caught early, there are more ways to manage hallux limitus without the need for surgery.

A podiatrist may be able to fit you with custom foot orthoses that will restore

normal motion to the joint when weight bearing. Sometimes a change of footwear to something with maximal stiffness can help, e.g. trying a lightweight hiking shoe instead of a running trainer. In the early stages, changing ground surface can also make a difference.

Unfortunately, many runners turn too quickly to NSAIDs (non-steroidal anti-inflammatories). Though these may prove helpful to reduce acute pain, they will not help the symptom. The same goes for corticosteroid injections. Whilst you are masking pain, deterioration of the toe joint can still occur.

Manual therapy such as joint mobilisation can help to increase range of movement in the big toe, as can strengthening of the muscle that pulls down the big toe, and the plantar intrinsic muscles of the feet. The most important thing is to get assessed by a professional. Once this has been done, there may well be more options than you initially suspected.



Matt Phillips is a running performance coach and injury specialist at StrideUK and Studio57clinic in Sussex. Follow Matt on Twitter @sportinjurymatt.

FORGET R.I.C.E.... CALL THE P.O.L.I.C.E.

Do you know when to use **ICE OR HEAT**? When to rest or when to run? Get it wrong, and you could be unintentionally making your injury a whole lot worse...



Most of you are probably familiar with the acronym RICE. It is, after all, still the number one protocol practised and recommended when faced with an acute running injury like a pulled muscle or sprained ankle. And for those of you who don't, here's a reminder:

REST – The last thing we want to do is jump around on a sprained ankle

ICE – Reduces pain and excess swelling by lowering muscle temperature

COMPRESSION – Restricts swelling to one area

ELEVATION – Helps reduce swelling by aiding venous return

Now it may come as a surprise to hear that none of the above are particularly well supported by scientific research. The jury is still out on whether we should even be trying to reduce the body's natural process of inflammation. Dr. Mirkin himself, who introduced the acronym RICE to the world in his 1978, *The Sports Medicine Book*, said earlier this year that rest and ice could potentially delay healing instead of helping.

THE RIGHT TIME TO USE ICE

Whilst this heated debate pursues, most practitioners continue recommending use of ice in the first 48 hours, as it does prove to be an effective way of managing pain. Though inflammation is a natural process, excess swelling often leads to an increase in pain and further movement restriction, which in turn can cause more pain. Adding heat in the acute phase of an injury is definitely not recommended as it can increase pain, so don't be tempted by hot water bottles within the first 48 hours.

Don't use hot water bottles during the acute phase of injury



TIPS ON USING ICE

Are you clued up on the best way to use ice following an injury? Here are our simple steps to avoid damage:

- Never place ice directly onto the skin as this can cause ice burn; instead, place the ice (ideally crushed) inside a cloth as this will enhance the level of pain relief
- Ice packs are useful if no real ice is at hand but they tend to lose their low temperature quite quickly. Sprays and creams lack the ability to penetrate the tissues sufficiently, so although they may make you feel better for a while, their long-term

effect is normally negligible

- If the injury has just occurred and you see signs of swelling, compression is also recommended to help reduce excess build up of fluid. In this case, place the crushed ice in a plastic bag against the injured area and wrap a bandage around it to maintain compression
- Alternating ice on and ice off (e.g. 10 minutes on, and 10 minutes off, repeated for as long as possible), is regarded as more effective than keeping the ice on continuously as it can help the cool temperature reach deeper tissues.



“MECHANICAL LOADING ENCOURAGES CELLULAR RESPONSES, WHICH AID STRUCTURAL CHANGES”

MODIFICATIONS TO RICE

Attempts to modify the acronym RICE have occurred frequently. Most practitioners now use PRICE, with the ‘P’ standing for ‘protection’. This serves as a reminder that if movement or loading is causing severe pain, protection in the form of an ankle brace, taping or crutches should be applied. PRICE does not seem to have gained much popularity, maybe because most people unable to place any weight at all on an injured limb, will naturally seek some form of protection. Other attempts to modify RICE have included RICER (‘R’ for ‘rehabilitation’), and PRINCE (‘N’ for NSAIDS e.g. ibuprofen, which failed due to a common aversion to taking medication).

TIME TO REST?

There is now a good reason to replace PRICE (and RICE) with a new acronym. The problem lies with R for ‘rest’. Once upon a time, the immediate advice given was to avoid anything that causes pain. Even today some practitioners recommend putting your leg up until you can happily walk with no pain whatsoever. Thanks to modern neuroscience, however, we understand more about how pain works. Research has shown that mechanical loading actually encourages cellular responses, which in turn promotes structural change in tissue. Although we still obviously need to be careful not to put

too much load through the injured area, it seems total rest is not the answer and can actually slow down healing and recovery.

In 2012, an article in the *British Journal of Sports Medicine* stated: “Progressive mechanical loading is more likely to restore the strength and morphological characteristics of collagenous tissue. Indeed, early mobilisation with accelerated rehabilitation is effective after acute ankle sprain. Early weight bearing with an external support is superior to cast immobilisation for most types of sprains.”

In short, this means rather than avoiding any loading whatsoever, we should really be attempting as soon as possible (once protection is no longer necessary), to start applying a bearable load; in other words, ‘optimal loading’. Experimenting with how much load the tissue can handle may well stimulate pain, but pain needs to be regarded as a useful guide, not an enemy. By using a scale of one to 10 (where 10 is the worst pain you have ever felt), you should be able to gently and carefully introduce loading often, by ensuring that the pain feedback stays under four out of 10. However, if an attempt to load causes pain higher than this, it is not necessarily a sign that you have just caused more damage. Pain is our most sophisticated defence mechanism. And it would be a pretty rubbish defence system if it only rang after damage had been done!

CALL THE POLICE

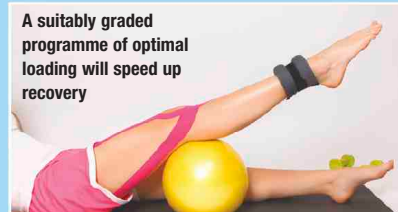
By replacing ‘rest’ with ‘optimal loading’, it’s time to call the P.O.L.I.C.E.

PROTECTION OPTIMAL LOADING ICE COMPRESSION ELEVATION

Just in case you still think this is just geeky practitioners playing with words, it’s not. I have seen too many runners who, a week after an ankle sprain, tell me they have rested it as per RICE. What they should have been doing is gently testing their mobility through gradually progressed exercises. Just because you cannot run yet, does not mean you cannot try shifting weight onto the injured leg whilst seated, standing on the injured one leg with the aid of a chair, or maybe adding a little knee bend. This is why it is worth seeking help from a therapist as soon as possible. The sooner a suitably graded programme of loading is put into place, the sooner recovery can start.

So go forth and spread the word: goodbye RICE, hello POLICE. ●

A suitably graded programme of optimal loading will speed up recovery





City of

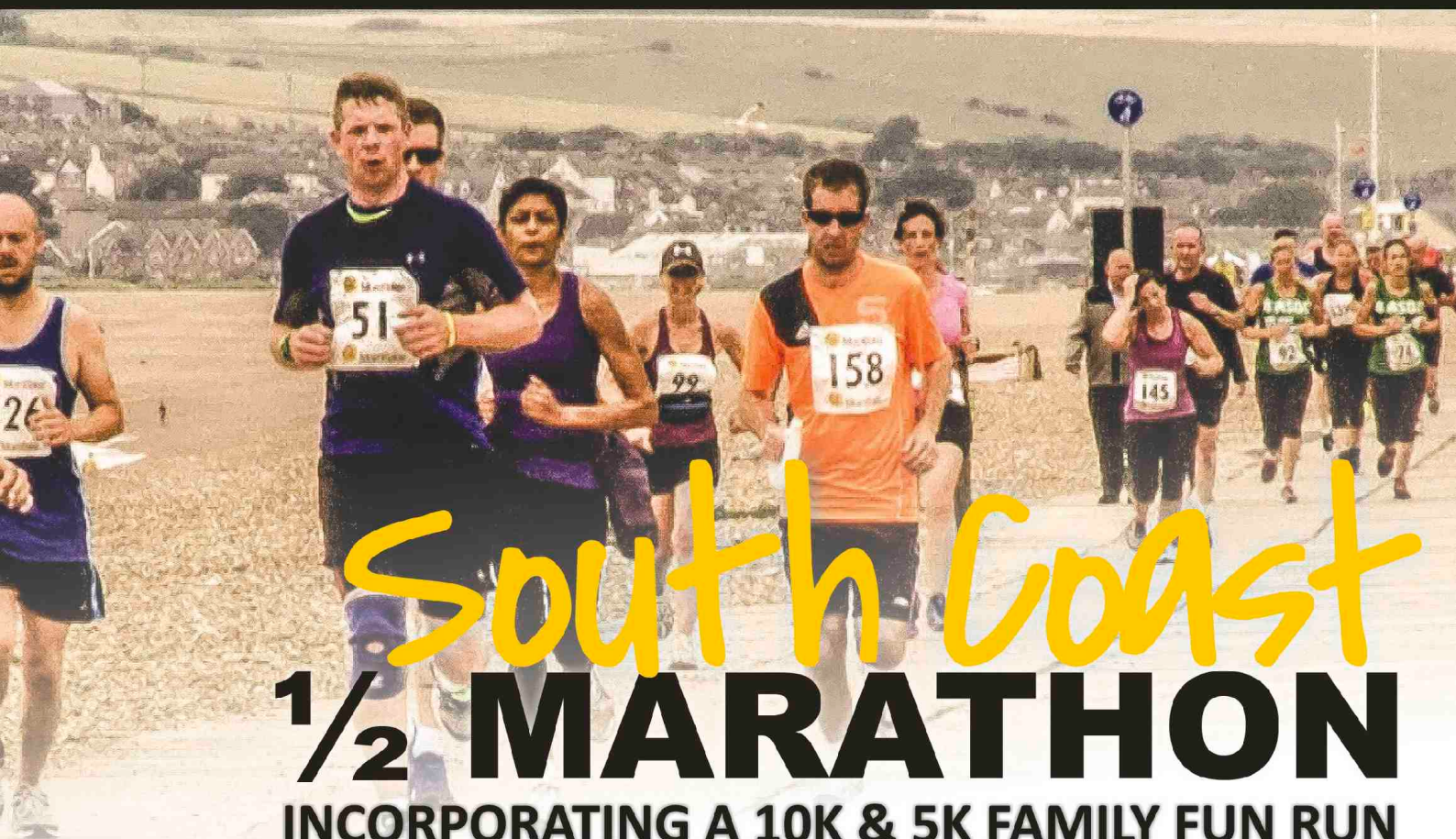
BIRMINGHAM

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Complete closed road course within Europe's largest urban park
Free entry for under 12's in the 5k fun run (must be accompanied by a full paying adult)

Sunday 6th September 2015 Sutton Park, Birmingham

www.cityofbirminghamrun.co.uk



South Coast

1/2 MARATHON

INCORPORATING A 10K & 5K FAMILY FUN RUN

SUNDAY 5TH JULY 2015 SEAFORD, EAST SUSSEX

WWW.SOUTHCOASTRUN.CO.UK

TIME FOR AN ULTRA CHALLENGE?

Have you ticked off the usual 5k, 10k, half and full marathon events? How about trying something a little **MORE CHALLENGING**, whilst raising money for your favourite charity?



WHICH ULTRA CHALLENGE IS FOR YOU?

- 1 ISLE OF WIGHT CHALLENGE, 2 MAY** - A loop round the Island on the stunning coastal path
- 2 LONDON TO BRIGHTON CHALLENGE, 23 MAY** - The original challenge, the UK's biggest ultra back for its fifth year
- 3 GRAND UNION CHALLENGE, 27 JUNE** - London's greatest escape along the canal towpath to the Chilterns
- 4 LONDON TO CAMBRIDGE CHALLENGE, 29 AUGUST** - A trail of two cities; up the Lee Valley out of the capital
- 5 THAMES PATH CHALLENGE, 12 SEPTEMBER** - Festival atmosphere on the Thames; Putney to Henley.

ULTRA CHALLENGE

With the new year looming, it's time to think about your challenge for 2015. Action Challenge's Ultra Challenge Series might just be the ideal event for you. With the choice of five inspiring endurance events like no other, participants can run or jog in aid of any charity of their choice. Whether it's 25km, a testing 50km marathon plus, or the full 100km ultra marathon run – there's a distance for all!

These challenges are perfect for all levels of experience; from those who want to step up the distance with a fully supported event, to seasoned ultra runners out for sharp times on new courses, or anyone who wants to take on a real challenge to fundraise for their chosen charity.

GOING THAT EXTRA MILE

Each challenge is an all inclusive event with a high

OVERVIEW

- Choose your distance 25km, 50km or 100km. Run, jog or walk it!
- Choose your charity – over 300 already involved and counting
- FREE hot meals, FREE drinks and snacks en-route
- Marshals, medics and massage along the way
- Sign up as an individual or as a team – relay options also available
- Finishers medal, t-shirt, glass of bubbly
- 100km runners' trophies for fastest men and women.

level of hospitality and support; including regular covered rest stops every 12.5km with free drinks and snacks, a fully signed route (you won't get lost!), and full meals at major rest stops to keep you going. The team promise it will be a challenge you won't forget – passing through stunning scenery, discovering hidden levels of resilience and spirit, and crossing the finish-line knowing that you really have pushed yourself. Run, jog or even walk an Ultra Challenge in 2015 – and go that extra mile!

● Registration for all five challenges is now open. Please visit: www.run100challenge.com for more information.



Go the Extra Mile, for a Charity of Your Choice

Run it, Jog it, Do it.

25km

50km

100km

www.run100challenge.com



 **actionchallenge**
challenge events worldwide

Our Major Charity Partners – also over 300 other charities involved – your charity, your choice!

Leading the fight
against dementia
Alzheimer's Society

 **CANCER RESEARCH UK**

D'ABETES UK
CARE. CONNECT. CAMPAIGN.

 **Great Ormond Street Hospital Charity**

IN SUPPORT OF
HELP for HEROES

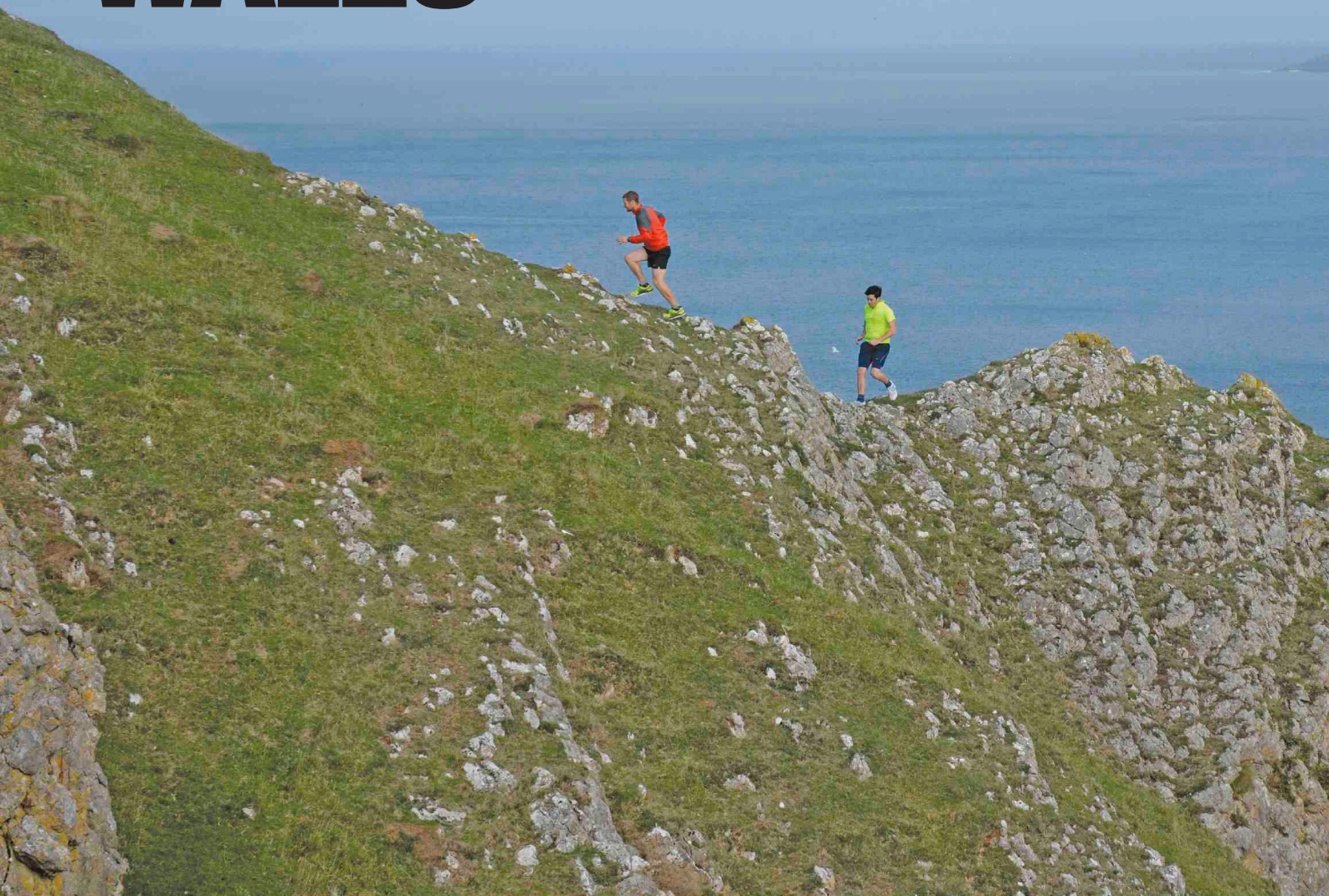
NSPCC

WE ARE MACMILLAN.
CANCER SUPPORT

MAKE-A-WISH.
United Kingdom

GO WILD ● RHOSILI

GO WILD... WALES



Let *Rf* take you on a journey to discover some of Britain's spectacular **MOUNTAINS, FORESTS** and **COASTAL TRAILS**, perfect for a wild run

WORDS Jen and Sim Benson

Three golden miles of sandy beach stretch in a wide crescent from the tiny hamlet of Rhossili, perched high on a clifftop overlooking the bay, northwards to Llangennith. The backdrop of Rhossili Down creates a breathtakingly beautiful and varied landscape to be

explored. I remember a run here in early summer, when a gentle breeze ruffled the grasses on the winding path over the green-grey downs. It was a calm evening; the breaking waves barely audible on the beach below. Skipping down the tiny path in the slowly dimming light, I dropped onto the beach and looked out at my route across the sandy flatness before me. For that moment I had it all to myself; a peaceful world of wave-washed solitude, a beach just for running."

RHOSSILI BAY

From Mumbles, south-west of Swansea, the Gower Peninsula stretches westwards for 19 miles out into the Bristol Channel. The UK's first designated Area of Outstanding Natural Beauty, this part of the country is packed with nature reserves, ancient ruins and fossil-filled caves. Many travel here for sport, whether climbing on perfect slabs of limestone, swimming, surfing or simply to enjoy some of the best coastal running to be found anywhere in Britain. The 38 miles of the Gower section of the Wales Coast Path run from Mumbles to Crofty, with non-stop views to boot. Being at once challenging and spectacular, the trails have many fast sections over easy grassy slopes and paths. Although there are some excellent steep climbs, there isn't the incessant up and down that you find in some coastal areas,

Gower's beaches deserve a particular mention; immaculate sandy expanses that can be enjoyably linked together at low tide. Down by the water's edge the sand is firm and fantastic to run on, whilst the heavy soft-going in the dunes is a great workout. Early mornings or windy winter days are our favourite times to run on Rhossili beach, when its vast, empty expanse stretches out before you as you descend the path to the sand after a great run over the downs to The Beacon, from where there are views over the Welsh countryside. ●



ABOUT THE AUTHORS

Jen Benson is a runner, writer and researcher whose work covers many aspects of distance running. Sim Benson is a runner, climber and outdoor gear specialist. Together they have undertaken many epic challenges, from ultramarathons and ironman triathlons to multi-day adventure races, fitting their love of running around their young family. Their new book *Wild Running: 150 Great Adventures on the Trails and Fells of Britain* (Wild Things Publishing) is the first UK guidebook for those who love to run and who dream of exploring Britain's spectacular mountains, forests and coastal trails.

Running fitness readers can purchase the book at 25 per cent off with free UK P&P from www.wildrunning.net using the code RF14.



RHOSSILI BEACH / WORMS HEAD

Distance: 6.5 miles

Start/finish: NT visitor centre, Rhossili, SA3 1PR

Terrain: Trail, beach, quiet road section

Toughness: Easy to moderate

Ascent: 231 metres

Navigation: Easy

Good for: Coast, beach, wildlife

Route info: www.wildrunning.net/101

From start, head N over Rhossili Down, following the obvious and inviting path. Breathtaking panoramic views from The Beacon summit. On reaching Hillend, descend to beach and follow the great, golden crescent all the way back to

path which ascends to the visitor centre. The second half of the run heads straight out along the peninsula to Worms Head. CAUTION: Check tide times before crossing. Return on inland path back to the start.

0k Leave NT Visitor Centre east along road
0.2k Turn left onto footpath behind church

0.3k Turn left, heading north up obvious path onto Rhossili Down

1.1k Continue north past The Beacon

3.2k Arrive at Hillend – head west towards car park and beach

3.9k At beach turn left heading south along beach

6.5k Take steep footpath back up to Visitor Centre

6.9k Pass Visitor Centre, heading west along cliff top path towards Worms Head

7.9k Arrive at Kitchen Corner viewpoint. Turn left, heading south east along Coast Path

8.5k Turn left off Coast Path and follow path north east to Rhossili

9.7k Turn left, heading north back to start/finish point

**FREE
ENTRY
FOR ONE
LUCKY
READER**



Expect a little mud
along the way at the
Blackout night race

TEAM/OBSTACLE

1 Nuclear Blackout Day and Night

Nuclear Races present challenging, and slightly zany, 5km multi-lap cross-country obstacle races throughout Essex. Nuclear Blackout has two start dates: a day race in March 2015 for those who want to practise their strength and endurance in daylight first, before tackling the night race which is held in September 2015. This year's race featured a new add on to the course route - running through the 30-metre deep cold war nuclear bunker! Ed's tip: Pace yourself!

WHERE: Essex

WHEN: 15 March 2015 (daytime) and 20 September 2015 (night race)

DISTANCE: 5k

TYPE/LEVEL: Multi-terrain. All abilities - but suits strong and durable folk!

RACE INFO: www.nuclear-races.co.uk

WIN A FREE ENTRY

Would you like to become a *Rf* roving reporter? We're looking for a runner to take part in the Nuclear Blackout Day race on March 15. In exchange for free entry, you'll report on the race and share your experience with others. If you would like to become a *Rf* roving reporter, simply email rf.ed@kelsey.co.uk, making the subject of the email 'Rf roving reporter'. Don't forget to tell us why we should pick you.

TOP 5 NIGHT RUNS

Turn **WINTER WEATHER** on its heels and embrace running with our fun-filled night runs



Image courtesy of
Steven Draper

TRAIL

2 Wild Night Run

This is wild running at its best. You'll be up against lots of hills and downhill sections, there will be sharp climbs to keep you on your toes, plus you'll run across open moorland. There's a team competition (for teams up to five people), plus the chance to beat the king and queen of the night for a prize.

WHERE: Devon

WHEN: 31 January 2015

DISTANCE: Five or 10 miles

TYPE/LEVEL: Intermediate/advanced. The 10-mile race is more challenging but both races require night running experience and mental toughness.

RACE INFO: www.wildnightrun.co.uk



The Polar Night race will see you running on snow and ice

INTERNATIONAL

3 Polar Night Half Marathon

Fancy watching the Northern Lights as you race through the night? If so, why not celebrate the new year by heading to the city of Tromsø, in Norway, for the country's biggest winter race. The city sits just above the Polar Circle and is renowned for being a fantastic spot to view the majestic lights. The half marathon starts at 3pm in the city centre, and it's likely that you will be running on snow or ice (so remember your spikes). This is truly an 'experience' event.

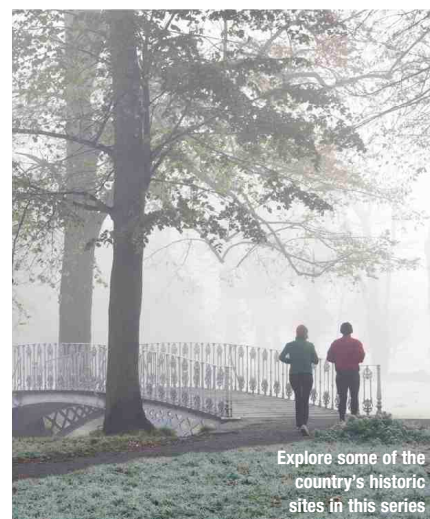
WHERE: Tromsø, Norway

WHEN: 3 January 2015

DISTANCE: Half marathon, 10k or 5k

TYPE/LEVEL: Intermediate/advanced. Cold temps, snow/ice. Experience running in cold climates/snow advised.

RACE INFO: www.msm.no/polar-night-halfmarathon



Explore some of the country's historic sites in this series

IMAGE NATIONAL TRUST IMAGES ANDREW BUTLER

EXTRA CURRICULAR

4 National Trust Night Run series

Learn about and preserve your history, and keep fit all at the same time! This innovative winter series has been created by the National Trust, and consists of 12 night runs dotted around the UK. There is a great variety of races offering you the chance to explore National Trust sites, some of which are usually closed over the winter.

WHERE: National Trust sites

WHEN: 28 October 2014 - 28 March 2015

DISTANCE: Explore routes between 1k and 2k, and adventure routes between 6k and 9k

TYPE/LEVEL: Family event. Suits all abilities. Mixed terrain

RACE INFO: www.nationaltrust.org.uk

OFF-ROAD

5 The Moonlight Flit Half Marathon

This brilliant race begins at sunset (6pm), meaning that you will run under a full moon whilst covering a single tough lap, starting and finishing at Totnes and taking in some of the best off-road paths on the Sharpham Estate and around Ashprington and Bow Bridge (see website for course map).

While the moonlight can help to guide you, it's essential to wear the right kit. Pack a head torch and wear some highly reflective clothing.

WHERE: South Devon

WHEN: 14 March 2015

DISTANCE: 13.1 miles

TYPE/LEVEL: Off-road, intermediate

RACE INFO: www.wildnightrun.co.uk



Race the moon at this half marathon, starting at 6pm

IMAGE STEVEN DRAPER PHOTOGRAPHY

● EVENT ROUND-UP



Neil enjoys getting tango-ed
RIGHT: L-R: George, Rebecca,
Neil, Laura and Chris



COLOR RUN... I DID IT!

This month *Rf*'s roving reporter tries out the 'happiest 5k on the planet', the **LONDON COLOR RUN**. They did it; maybe you'll be inspired too?



RUNNER BIO

NAME: Rebecca Gibbs

AGE: 32

OCCUPATION:

Assistant editor

RUNNING ABILITY:

Started running regularly this summer. Average fitness level.

EVENT:

Color Run

DISTANCE: 5k

INFO: London Color Run

www.thecolorrun.co.uk

Why do you run?

Vanity and greed! It's a good way to keep in shape and helps to keep my metabolism boosted so that I can still enjoy my food. I always run to music (mix of hard rock and dance anthems) and tend to power up a hill to something heavy, and use the easier level parts of my route to mull things over; write metal lists; plan outfits... I'm gym-phobic and like to get outdoors, so running along country lanes and around my local golf course gives me a good cardio workout, some lovely views and a dose of fresh air. I'm not obsessive about running every day. I try to plan ahead for when the weather is nicest. I alternate runs with sessions on the rowing machine, or just try to walk a lot. At the moment I look forward to running, and I don't want that to change.

What did you enjoy most about this event?

I had no real idea what to expect because I've never done a 5k race before. The actual running was quite easy because with so many people to weave through, and the slowing down/bunching up that occurs at each paint station, you can't just belt along. We also made extra stops to take (increasingly colourful) group portraits, and to re-fill our water pistols (a genius idea for keeping cool, and pranking each other – and the odd stranger – on the way).

The atmosphere was full of zany enthusiasm, especially after the first couple of paint stations when you start to 'blend in' with all the other multi-hued participants. Running as a team was also a

first for me – I'm used to setting off solo and often not seeing another soul, so it was nice to have other people to keep up with, talk to and look out for. Thanks, Neil Hardman, George Hickling, Chris Minasians and Laura Coakley for having me along.

What was the best bit?

Settling into a comfortable pace with the sun on my face and a nice breeze at my back whilst jogging alongside the various waterways in the park and thinking, 'this is a pretty cool way to see London.'

And for sheer entertainment value: observing my far braver teammates urging the paint throwers to give them a thorough dusting at each paint station, which backfired when it was decided that I needed more colour, thus ending up with a large amount of orange dumped all over my head (cheers, Neil!). After that I really felt part of the event!

Would you do it again?

Having had such a great experience, even down to the perfect sunny day, I'm almost afraid to jinx it by saying 'yes'. If I did sign up again, I would try to start earlier so that the route would be less crowded. I would also avoid bringing a jumper, and I would investigate getting a proper running pack rather than using a travel pouch with a shoulder strap that kept getting longer and longer as I ran. Those niggles aside, I'd definitely be back!

**FANCY BECOMING
AN *RF* ROVING
REPORTER?**

Contact the team at rf.ed@kelsey.co.uk (making the subject of your email 'Roving reporter')



The Edinburgh
Marathon is great
alternative to London

EDINBURGH MARATHON 2015

Why not try your hand at running one of the **FASTEST ROUTES** in the world, the Edinburgh Marathon, perfect for a PB or a 26.2 mile debut



If you didn't win a place in the London Marathon entry ballot, fret not. Held on 31 May, 2015, the Edinburgh Marathon is only FIVE weeks after London, which means runners working towards a training schedule for the former should still be in peak fitness for the Scottish race instead. Runners from more than 100 countries are expected to take part and at time of going to press, entries for the Edinburgh Marathon were still open.

The flat route marathon in Scotland's capital city is among the fastest in the world and a perfect choice for runners chasing a personal best. As the first race in Scotland to be officially recognised by the IAAF, a bronze label puts the Edinburgh Marathon among the top 75 elite road races in the world, making it a pivotal part of the sporting calendar for runners.

The Edinburgh Marathon Festival, which in 2015 will be in its 13th year, offers seven races. The event kicks off on Saturday 30 May at Holyrood Park with a 10k, 5k and two junior races. On Sunday 31 May, the Edinburgh Marathon, Half Marathon and team relay start from the heart of Edinburgh and continues through East Lothian offering stunning views and an unforgettable running experience.

The Edinburgh Marathon is certified by AIMS, meaning times can be used when applying for the Boston Marathon. Together with the Edinburgh Marathon Festival's Official Charity, Macmillan Cancer Support, organisers are hoping to break all previous fundraising records in 2015. More than £30 million has been raised to date.

For more details, see: www.edinburgh-marathon.com

RUNNING4WOMEN WINDSOR 10K

There were high spirits at the **ALL-WOMEN** event held in Windsor, with a celebration picnic held afterwards in the park



Running4Women attracts runners of all abilities



IMAGES MARATHON-PHOTOS.COM

Just under 500 women completed the Running4Women Windsor 10K held in Windsor Great Park on Saturday 27 September.

Ellie Gosling from Reading Road Runners was part of a small group of runners who took the lead straight from the start on the undulating course, going on to win with a time of 41:14. Runner up and club mate Sarah Urwin-Mann crossed the finish-line in 41:27, and Collette Callanan from Sandhurst Joggers came third in 43:45. Julia and Alanna Rayfield, both from Reading AC, were the fastest team in the Generation Game by achieving the lowest aggregate time as mother and daughter. Full results are available online: www.running4women.com

Joanne Tranter, Running4Women's

special events manager commented: "We have received some great feedback, with everyone loving the beautiful surroundings and the iconic finish on The Long Walk with an amazing view of Windsor Castle. There was a great atmosphere in the race village, and lots of runners celebrated their achievements with picnics in the park after the race."

One of the first women-only events in the UK, Running4Women events attract women of all levels and all ages, including novices, charity runners and club runners. The official charity of the Running4Women Windsor 10K is the Roy Castle Lung Cancer Foundation.

For details about the 2015 event, please visit www.running4women.com



THE RED BULL STEEPLECHASE

EMMIE COLLINGE is no stranger to tough events, this month she tackled one of the toughest off-road races

outing this as the UK's toughest off-road race is perhaps a little on the hyperbolic side, although what else would you expect when you have the eminent energy drink provider Red Bull at the helm? Undeniably challenging, but with quite a few miles of its 21 'gruelling' miles on flat roads and gravel paths, there were some moments of respite to be savoured on this chilly morning.

Falling on the first weekend of October, with temperatures already dropping to their usual winter lows, it was a motley bunch of hardened fell runners and casual road runners looking more than a little alarmed at the terrain, who took to the start-line of the third staging of the Red Bull Steeplechase.

With a format completely atypical of running races, seeing 500 competitors start the race and a mere 40 cross the finish-line (30 male, 10 female), it required a tactical approach for many to ensure that they were in a position to pass each

checkpoint. By eliminating the final third of the race field at each of the checkpoints (found at eight miles, 12 miles and 18 miles respectively), Red Bull's knockout premise set each and every runner their own personal challenge – and one that everyone relished. Taking in the villages of Bamford, Hope and Edale, this cloverleaf-shaped race aimed to get back to the origins of steeplechasing, namely running for the sake of running and not for times.

Setting off from picturesque Castleton, with the ever dominant Mam Tor looming above the start-line, there were very few runners oblivious to what lay ahead: a 1km climb, gaining 200m in height with a gradient that reaches 48 per cent at times. Clinging onto the scrubs, it was a case of grab and pull to get up one of the Peak District's most famous ascents, and this was just the beginning. Yet, once you'd summited, to the cheers of the many spectators who lined the route, it just got better and better as you followed the Great Ridge along to the first checkpoint in



Bamford. With technical ups and downs characterising the course, it came as a welcome break to run along Ladybower Reservoir – and a chance for many to pull in some positions before the first cut-off. In terms of stash for your cash, the £25 entry fee was a veritable bargain if you're in the fashion for branded hoodies and tote bags. Post-race refreshments came in the form of a hog roast, generous salad buffet and free bar but with a field of hungry runners, it didn't take long to be eaten.

With an atmosphere more akin to a festival, the Red Bull Steeplechase achieved its goal of creating something entirely new for the running community and by taking the discipline of steeplechase right back to its roots, they've crafted what is set to become a staple on every runner's bucket list.

More information, and a list of results, can be found at <http://steeplechase.redbull.co.uk/>

RUN ENGLAND GROUPS...

YOU HAVE YOUR SAY!



SO LET'S GO RUNNING WWW.SLGR.CO.UK
f WWW.FACEBOOK.COM/SOLETSGO.RUNNING.1



Run England is the official England Athletics beginner running project. Groups are led by trained group leaders, offering a progressive routine, people of a similar ability to start running with and plenty of support along the way. Find out more at www.runengland.org

A mini-stroke and osteoarthritis hasn't stopped one runner from forming his own running group to **INSPIRE** others

It was a mini-stroke in 2009 that caused Brian Page to change his sedentary lifestyle, lose four stone and build up to running over thirty half-marathons and three full marathons. Then when osteoarthritis started to hinder him, he joined forces with fellow runner and qualified leader in running fitness, Dawn Annett, and set up 'So Let's Go Running' to encourage their local Dartford community to take part in weekly, sociable running sessions for beginners.

SLGR started in January 2014, and after only four months, Brian and Dawn found they had 80 members at one session; then after five months they became an affiliated UK Athletics club.

"Our base is at Goals (Dartford) on a Tuesday evening," says Brian. "We run locally, offering four or five different length monitored routes. We all start from the same place at staggered times and we complete the same first two miles to ensure the groups keep together. On



Brian and Dawn (front, third and fourth from left) set up SLGR in January and the group now has around 200 members



SLGR members are easily identifiable in their black and orange race vests

Thursday evenings we have a mix of specialised hill, speed, track and interval sessions for those who want to take their running to the next level.

BREAKING DOWN BARRIERS

"I particularly discovered the benefits of running when I started having difficulties with depression in 2012," confides Dawn. "The 'So Let's Go Running' group replaced another local weekly running group that was closing; it was a natural progression from the community running magazine that Brian and myself had started to form a bond between local runners. It gave me a regular routine on a Tuesday and Thursday

evening and ensured I was still meeting and talking with lots of people regularly at a time when I could easily have avoided socialising."

"We feel we are unique as we are such a friendly club," believes Brian. "Some children run with parents, while other adults run to enjoy keeping fit and socialising as they have a break from caring for their little ones, and even better it's all FREE! We are easily identifiable in our black and orange race vests and our yellow clad Run Leaders.

This July, SLGR held a 'Summer Fun Day', which they hope to repeat regularly. The day comprised of a Bootcamp taster session, a Pilates class, a Sports Physiotherapist lecture, a foam-roller demonstration, VO2 Max testing and finished up on the sports field for a few running drills.

"SLGR members enjoy us catering for their individual needs," explains Brian. "The beginners have lots of guidance from Run Leaders and fellow runners alike. They are shown there isn't any of the elitism and competitiveness that they may fear or have encountered at other running clubs and groups, as runners of all abilities are welcomed and encouraged. 'So Let's Go Running' is the invitation and 'let's keep running without discomfort' is our goal and

focus for our members. The group's ethos is simply 'to help to break down barriers to start people running'."

 Nominate your group by emailing rf.ed@kelsey.co.uk (making the subject 'RE').

SO LET'S GO RUNNING

Please describe the group in three words...

Friendly, inclusive, and fun

What were your 2014 highlights?

Having 80 runners at one session and becoming an affiliated running club

If your group was an athlete, who would it be?
Dina Asher-Smith

How many members do you have?
Around 200

Age range?
Four (a Run Leaders' daughter) to 60 (another Run leader and 100 Marathon Club member Les Pullen)

How many weekly training sessions do you hold?
Two: Tuesday and Thursday evenings.

1 ONLINE
kelseyshop.co.uk/rf/p151

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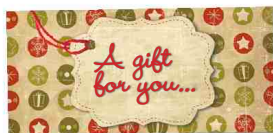
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Natasha Shiels, Editor



thechristasmag.com

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Events changes!

In order to make these listings as current as possible, we now only list events taking place within the six months following the on-sale date of each issue. Events are listed via region. If you'd like to search for events further ahead, please go to www.run247.com. As always, it's advisable to check race details with organisers nearer the date.

*The editor reserves the right to edit listings, and cannot be held responsible for errors.

South East

13 November 2014

The Gravesend Floodlit 5K and 10K Series - Race 2

Cyclopark

DA11 7NP

£8.00 attached £10.00 unattached £2.00 extra on the day

Martin Burke

Nice Work, Teviot, Malthouse Lane,

Peasmarsh, East Sussex

TN31 6TA

01797 230009

info@nice-work.org.uk

10km

Ireland

15 November 2014

The 10k MoRun Phoenix Park Dublin 2014

Phoenix Park

Dublin8

22 euros

The Fix UK Ltd

The Fix UK Suite 2, 31 Ashley Road Epsom

Surrey

KT18 5BD

020 8144 0797

info@thefixuk.com

<http://dublin.mo-running.com/>

10km

Ireland

15 November 2014

The 5k MoRun Phoenix Park Dublin 2014

Phoenix Park

Dublin8

16 euros

The Fix UK Ltd

The Fix UK Suite 2, 31 Ashley Road Epsom

Surrey

KT18 5BD

020 8144 0797

info@thefixuk.com

<http://dublin.mo-running.com/>

5km

South East

cross_country

15 November 2014

Brutal10 Longvalley

Longvalley

GU52 8AD

£16

Team Brutal

01483 720 459

info@brutalrun.co.uk

www.brutalrun.co.uk

10km

South East

15 November 2014

Spooky Sprint Kent 2014

The Hop Farm Family Park

TN12 6PY

£5-£25

Parkinson's UK

020 7932 1314

events@parkinsons.org.uk

www.parkinsons.org.uk/spookyrace

South West

15 November 2014

National Trust Night Run Series

Saltram

PL7 1UH

£15

National Trust

72 Wollaton Rd Beeston Nottinghamshire

NG9 2NZ

0333 400 463

info@ntnightrun.co.uk

<http://www.nationaltrust.org.uk/article-1355848050122/>

<http://www.nationaltrust.org.uk/article-1355848050122/>

2km

South West

15 November 2014

Ridgeway Revenge 10 Mile

Ridgeway National Trail, Ridgeway

Farm

SN6 8NZ

£15

Ridgeway Revenge

info@ridgewayrevenge

<http://www.ridgewayrevenge.co.uk/register.html>

10miles

South West

15 November 2014

Ridgeway Revenge 5 Mile

Ridgeway National Trail, Ridgeway

Farm

SN6 8NZ

£12

Ridgeway Revenge

info@ridgewayrevenge

<http://www.ridgewayrevenge.co.uk/index.html>

5miles

South West

15 November 2014

The 10k MoRun Ashton Court Bristol

2014

Ashton Court, Bristol

BS83TQ

£22

The Fix UK Ltd

The Fix UK Suite 2, 31 Ashley Road Epsom

Surrey

KT18 5BD

020 8144 0797

info@thefixuk.com

<http://bristol.mo-running.com/>

10km

South West

15 November 2014

The 5k MoRun Ashton Court Bristol

2014

Ashton Court, Bristol

BS83TQ

£16

The Fix UK Ltd

The Fix UK Suite 2, 31 Ashley Road Epsom

Surrey

KT18 5BD

020 8144 0797

info@thefixuk.com

<http://bristol.mo-running.com/>

5km

Wales

15 November 2014

CTS Gower 10K, Half Marathon,

Marathon and Ultra

Rhossilli, Gower

£30-£60

Freya

01548 312314

support@endurancelife.com

www.endurancelife.com

East Midlands

16 November 2014

The Winter Beast

Aylesford Equine X Country Course,

Shoby, Melton Mowbray, Leicestershire

LE14 3PF

£30

Pure Outdoors Events

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07968 836549

info@thebeastrun.co.uk

www.thebeastrun.co.uk

5miles

London

16 November 2014

Regent's Park 10k

Regent's Park

NW1 4NR

£20

Steve Joyce

After Adoption, Unit 5, Citygate, 5 Blantyre

Street Manchester

M15 4JJ

0161 830 2023

stevenjoyce@afteradoption.org.uk

www.regentspark10k.com

10km

London

16 November 2014

The 5k MoRun London Battersea Park

2014

Battersea Park, London

SW11 4NJ

£17

The Fix UK Ltd

The Fix UK Suite 2, 31 Ashley Road Epsom

Surrey

KT18 5BD

020 8144 0797

info@thefixuk.com

<http://london-battersea.mo-running.com/>

5km

South East

16 November 2014

Camberly Open Cross Country Meeting

Ravenscote Junior School

GU16 9RE

£4 to £8 depending on age

Camberley Athletics Club

20 Tekels Way Camberley Surrey

GU15 1HX

01276 27408

megoodway@hotmail.com

www.camberleyathletics.org.uk

South East

16 November 2014

Gosport Half Marathon

Bay House School

PO12 2QP

Affiliated £15.00 Not Affiliated £17.00

Race Secretary

Race Secretary, 14 Wootton Road, Lee-on-

the-Solent, Hampshire

PO13 9HB

info@gosporhalf.org

www.gosporhalf.org

13.1miles

South East

cross_country

16 November 2014

The Mucky Mudder

Green Park, Stablebridge Rd, Aston

Clinton, Bucks,

HP22 5NE

£30.00

Rennie Grove

01442 820740

muckymudder@renniedgrove.org

www.renniedgrove.org/muckymudder

5miles

Wales

16 November 2014

Cardiff MoRun 5k and 10k

Bute Park, Cardiff

CF10 3DX
£16
The Fix UK Ltd
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey
KT18 5BD
020 8144 0797
info@thefixuk.com
http://cardiff.mo-running.com/
■ 10km

Wales

16 November 2014
The 10k MoRun Bute Park Cardiff 2014
Bute Park, Cardiff
CF10
£22
The Fix UK Ltd
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey
KT18 5BD
020 8144 0797
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■ 10km

Wales

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Surrey
KT18 5BD
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info@thefixuk.com
http://cardiff.mo-running.com/
■ 5km

West Midlands

16 November 2014
Coventry 10km
Coventry War Memorial Park,
Kenilworth Road, Coventry, West
Midlands
CV3 6PT
£12
Mark Caswell
mark.caswell1@btinternet.com
http://www.mccpromotions10kseries.
com/coventry-10km.php
■ 10km

International Costa Rica

19 November 2014
Costa Rica Ultra Trail - La Transtica
Costa Rica
1590
Bernard Marchal
+33 6088 29144
bmarchal@latranstica.org
www.latranstica.org/en
■ 196km

London

22 November 2014
Men's Health Survival of the Fittest
London
Rat Race Events
01904 409401
events@ratrace.com
http://www.mhsurvival.co.uk/
■ 10km

North West

22 November 2014
The 10k MoRun Croxteth Park Liverpool
2014
Croxteth Park
L120HA
£22
The Fix UK Ltd

The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey
KT18 5BD
020 8144 0797
info@thefixuk.com
http://liverpool.mo-running.com/
■ 10km

North West

22 November 2014
The 10k MoRun Wollaton Park
Nottingham 2014
Wollaton Park, Nottingham
NG8
£22
The Fix UK Ltd
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey
KT18 5BD
020 8144 0797
info@thefixuk.com
http://nottingham.mo-running.com/
■ 10km

North West

22 November 2014
The 5k MoRun Croxteth Park Liverpool
2014
Croxteth Park
L120HA
£16
The Fix UK Ltd
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey
KT18 5BD
020 8144 0797
info@thefixuk.com
http://liverpool.mo-running.com/
■ 5km

North West

22 November 2014
The 5k MoRun Wollaton Park
Nottingham 2014
Wollaton Park, Nottingham
NG8
£16
The Fix UK Ltd
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey
KT18 5BD
020 8144 0797
info@thefixuk.com
http://nottingham.mo-running.com/
■ 5km

South East

22 November 2014
Night Rush Extreme Run
Off Road Action Park
SS12 9JQ
£25
Jane Hopkins / Havens Hospices
Havens Hospices Stuart House 47 Second
Avenue Westcliff on Sea Essex
SS0 8HX
01702 221658
jhopkins@havenshospices.org.uk
www.havenshospices.org.uk/events
■ 10km

South West

22 November 2014
National Trust Night Run Series
Killerton
EX5 3LE
National Trust
72 Wollaton Rd Beeston Nottinghamshire
NG9 2NZ
0333 400 463
info@ntnightrun.co.uk
http://www.nationaltrust.org.uk/
article-1355848050122/
■ 2km

East Midlands

23 November 2014
Donington Park Half Marathon
Donington Park Race Track
DE74 2RP
£18.00/£20.00
Michele Walker
P O Box 16 Loughborough Leics
LE11 3AX
01509 550317
michele@lwa.org.uk
www.donington-park-half.co.uk
■ 13.1miles

London

23 November 2014
The Capital Runners Bushy Park 10K
Bushy Park
KT8 9BZ
£15.00 attached, £17.00 unattached,
£2.00 extra on the day
Martin Burke
Nice Work, Teviot, Malthouse Lane,
Peasmarsh, East Sussex
TN31 6TA
01797 230009
info@nice-work.org.uk
http://www.nice-work.org.uk/events.
php?id=143
■ 10km

North East

23 November 2014
The 10k MoRun Roundhay Park Leeds
2014
Roundhay Park, Leeds
LS8
£22

The Fix UK Ltd
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey
KT18 5BD
020 8144 0797
info@thefixuk.com
http://leeds.mo-running.com/
■ 10km

North East

23 November 2014
The 5k MoRun Milton Keynes 2014
Campbell Park, Milton Keynes
MK15
£16
The Fix UK Ltd
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey
KT18 5BD
020 8144 0797
info@thefixuk.com
http://miltonkeynes.mo-running.com/
■ 5km

North East

23 November 2014
The 5k MoRun Roundhay Park Leeds
2014
Roundhay Park, Leeds
LS8
£16
The Fix UK Ltd
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey
KT18 5BD
020 8144 0797
info@thefixuk.com
http://leeds.mo-running.com/
■ 5km

Medals & Awards

Numbers

Promotional

Event Essentials

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www.runningimp.co.uk

01522 502131

<http://www.nice-work.org.uk/events>

in association with



www.brooksrunning.co.uk

North West

23 November 2014

The 10k MoRun Milton Keynes 2014

Campbell Park, Milton Keynes

MK15

£22

The Fix UK Ltd

The Fix UK Suite 2, 31 Ashley Road Epsom

Surrey

KT18 5BD

020 8144 0797

info@thefixuk.com

http://miltonkeynes.mo-running.com/

■ 10km

South East

23 November 2014

Beddington Park 10km

Beddington Park

SN6 7NH

£12.00

MCC Promotions Ltd

07977 831519

mark.caswell1@btinternet.com

http://www.mccpromotions10kseries.com/beddington-park-10km.php

■ 10km

South East

23 November 2014

Starfish Endurance Race

Bexhill Promenade

£25 / £27

Emma Bourne

St Mary's Special School and 6th Form

College, Wrestwood Road, Bexhill-on-Sea,

East Sussex

TN40 2LU

01424 739018

starfishendurancerace@outlook.com

http://www.stmarysbexhill.org/fundraising/starfish-endurance-race/

■

South East

24 November 2014

Three Molehills

Denbies Wine Estate

RH5 6AA

£22 individual - £45 Relay Team

Alan Burrows

Three Molehills 200 Barnett Wood Lane

Ashted Surrey

KT21 2DB

07952 349226

info@eventstolive.co.uk

www.eventstolive.co.uk

■ 15miles

London

28 November 2014

Brooks, Serpentine Last Friday of the Month 5k

The Bandstand, Hyde Park, London

W2 2UH

£2.00 / £4.00

Malcolm French

35 Merton Road HA2 0AA Harrow

Middlesex

+44 20 8422 3900

lftom5k@serpentine.org.uk

www.serpentine.org.uk

■ 5km

London

29 November 2014

The 10k MoRun London Greenwich

Park 2014

Greenwich Park, London

SE10 8QY

£22

The Fix UK Ltd

The Fix UK Suite 2, 31 Ashley Road Epsom

Surrey

KT18 5BD

020 8144 0797

info@thefixuk.com

http://london-greenwich.mo-running.com/

■ 10km

North West

29 November 2014

National Trust Night Run Series

Nostell Priory

WF4 1QE

£15

National Trust

72 Wollaton Rd Beeston Nottinghamshire

NG9 2NZ

0333 400 463

info@ntnightrun.co.uk

http://www.nationaltrust.org.uk/article-1355848050122/

■ 2miles

South East

29 November 2014

Trailscape Rail to Trail - East - 10km

Cuxton, Kent

ME2 1AF

£29.50

Trailscape

info@trailscape.co.uk

www.trailscape.co.uk

■ 10km

South East

29 November 2014

Trailscape Rail to Trail - East - Half

Marathon

Cuxton, Kent

ME2 1AF

£34.50

Trailscape

info@trailscape.co.uk

www.trailscape.co.uk

■ 13.1miles

South East

29 November 2014

Trailscape Rail to Trail - East -

Marathon

Cuxton, Kent

ME2 1AF

£44.50

Trailscape

info@trailscape.co.uk

www.trailscape.co.uk

■ 26.2miles

International Lanzarote

29 November 2014

Lanzarote Marathon

Sands Beach Resort, Costa Teguiuse,

Lanzarote

SANDS BEACH RESORT

+34 928 826 095

maraton@sandsbeach.eu

http://www.lanzaroteinternationalmarathon.com/

■ 26.2miles

South West

30 November 2014

AVR Wiltshire Half Marathon

Station Yard, Edington, Wiltshire

BA13 4NT

£16 / £18

Avon Valley Runners

No postal entries

01373 858146

e.gard@btinternet.com

http://avrwiltshirehalfmarathon.org/

■ 13.1miles

Yorkshire and Humberside

30 November 2014

Leeds Christmas 10k Challenge

John Charles Centre for Sport

LS11 5DJ

£12.50/£14.50

Laura Allen

races@fairplayevents.co.uk

www.fairplayevents.co.uk

■ 10km

East Midlands

06 December 2014

No Walk in the Park

Queen's Park Cricket Pavilion,

Chesterfield

S40 2ND

£3/£5

John Cannon

Enter on the day only race start 9.30am

01246 566458

j.cannon846@btinternet.com

http://northderbyshirec.jimdo.com/

■ 5km

South East

06 December 2014

Christmas Cracker Chase 5k and 10k

Women's race

The Lido

BN11 3PX

varying - see entry form

Paula Potter

22 Chute Avenue BN11 3PX Worthing West

Sussex BN13 3DX

01903 830324

worthingrunningsisters@outlook.com

http://worthingrunningsisters.org.uk/6.html

■ 5km

South West

06 December 2014

CTS Dorset 10K, Half Marathon,

Marathon, Ultra

Lulworth Cove, Dorset

£30-£60

Freya

01548 312314

support@endurancelife.com

www.endurancelife.com

■

London

07 December 2014

Perivale 5

Perivale Park Athletics Track

UB6 8TJ

£10

Laurence Messer

Perivale 5 27 Park Hill Ealing London

W5 2JS

020 8997 4872

laurence_messer@hotmail.com

www.esm.org.uk

■ 5miles

London

07 December 2014

The Chasers Regents Park Grand Prix

10K Winter Series - Race 3

Regents Park

NW1 4RU

£14.00 attached £16.00 unattached £2.00

extra on the day

Martin Burke

Nice Work, Teviot, Malthouse Lane,

Peasmarsh, East Sussex TN31 6TA

01797 230009

info@nice-work.org.uk

http://www.nice-work.org.uk/events.php?id=134

■ 10km

North West

07 December 2014

Tatton Yule Yomp

Egerton Youth Club

WA16 6SL

£14/£16

Cheshire Hash House Harriers

race@tattonyuleyomp.co.uk

http://tattonyuleyomp.co.uk/index.html

■ 10km

South East

07 December 2014

Alan Green Memorial 10 Mile

Westgate, Kent

CT8 8QW

£15 affiliated, £18 unaffiliated, £20 on

the day

John Hunt

Thanet Coastal 10, 19 Favourite Road

Whitstable Kent

CT5 4UB

thanet10@thanetroadrunners.org.uk

http://www.thanetroadrunners.org.uk/

■ 10miles

South East

07 December 2014

Downland Devil 9 Mile

Coombes Farm

BN15 0RS

£10.00 att 12.00 unatt Extra £1.00 on day

Peter Wirtzfeld

4 Thatch Court The Street Lancing West

Sussex

BN15 0PL

cobbeld@btinternet.com

www.worthingstriders.co.uk

■ 9miles

South East

07 December 2014

Hogs Back Road Race

Loseley House

GU3 1HS

£17

aat events

01483 720 459

becky@aat-events.com

www.hogsbackrun.co.uk

■ 11.7km

Yorkshire and Humberside

07 December 2014

Epilepsy Action Reindeer Stampede

Roberts Park

BD17 7LU

£12 Adults (15 years and above) £6

Children (8 - 15 years); £2.50 Children's

Fun Run (under 8 yrsRS)

Epilepsy Action

Epilepsy Action, New Anstey House, Yeadon,

Leeds, West Yorkshire

LS19 7XY

01132 108816

events@epilepsy.org.uk

https://www.epilepsy.org.uk/involved/fundraise-events/running/10km-5km-

runs/reindeer-stampede

■ 5km

East Midlands

10 December 2014

The 2nd Leicester City Winter 5K Series

- December

Victoria Park

LE2 1ND

£9.00 attached £11.00 unattached

£2.00 extra on the day

Martin Burke

info@nice-work.org.uk
<http://www.nice-work.org.uk/index.php>
■ 5km

South East

11 December 2014

The Gravesend Floodlit 5K and 10K Series - Race 3

Cyclopark

DA11 7NP

£8.00 attached £10.00 unattached £2.00 extra on the day

Martin Burke

Nice Work, Teviot, Malthouse Lane,

Peasmarsh, East Sussex

TN31 6TA

01797 230009

info@nice-work.org.uk

<http://www.nice-work.org.uk/events.php?id=89>

■ 10km

North West

13 December 2014

Fetsive Fun at Delamere Forest
Delamere Forest Visitor Centre

CW8 2JD

£20

Epic Events

chriskitchin@epicevents.co.uk

<https://www.thenightrunner.com/night-runner/festive-fun.html>

■ 10km

South West

13 December 2014

Santa's Scamper

Calne Leisure Centre

SN11 0SP

£10.00

Luke Shipway

Calne Leisure Centre White Horse Way

Calne Wiltshire

SN11 0SP

01249 819160

luke.shipway@calneleisure.co.uk

<http://www.calneleisure.co.uk/events.htm>

■ 5km

East Midlands

14 December 2014

Derby Runner Bolsover 10k

Bolsover School

S44 6XA

£11/£13 + £1 online (No entry on the day)

Colin Sinnott

9 Caudwell Close New Tupton Chesterfield

Derbyshire

S42 6DL

01246 864361

colin.sinnott@yahoo.com

<http://northderbyshirerc.jimdo.com/>

■ 10km

London

14 December 2014

Capital Runners Richmond Park

Christmas 10K

Richmond Park

SW14 8BJ

£15.00 attached £17.00 unattached

£2.00 extra on the day

Martin Burke

Nice Work, Teviot, Malthouse Lane,

Peasmarsh, East Sussex

TN31 6TA

01797 230009

info@nice-work.org.uk

<http://www.nice-work.org.uk/events.php?id=145>

■ 10km

South East

14 December 2014

Muddy Welly Run

Wellington College

RG45 7PU

£16

My Sporting Times

andy@mysportingtimes.com

<http://www.muddywelly.com>

■ 10km

West Midlands

14 December 2014

Sneyd Striders Pudding Run - 10miles

Black Country University Technical

College

WS3 2PA

£14 affiliated £16

Sneyd Striders

pudrun@sneydstriders.org.uk

www.sneydstriders.org.uk

■ 10miles

West Midlands

14 December 2014

Sneyd Striders Pudding Run - 5miles

Black Country University Technical

College

WS3 2PA

Sneyd Striders

pudrun@sneydstriders.org.uk

www.sneydstriders.org.uk

■ 5miles

Wales

17 December 2014

The Great Cardiff Bay Santa and Elf

Dash

Cardiff Bay

£5

Welsh Hearts, the heart charity for Wales

Welsh Hearts Temple Court 13a Cathedral

Road Cardiff Cardiff

CF11 9HA

02920 786 521

fundraising@welshhearts.org

<http://welshhearts.org/santa>

■ 5km

London

19 December 2014

Brooks, Serpentine Last Friday of the

Month 5k (one week early)

The Boat House, Hyde Park, London

W2 2UH

£2.00 / £4.00

Malcolm French

35 Merton Road, Harrow, Middlesex

HA2 0AA

+44 20 8422 3900

lfotm5k@serpentine.org.uk

www.serpentine.org.uk

■ 5km

South West

20 December 2014

National Trust Night Run Series

Tyntesfield

BS48 1NT

£15

National Trust

72 Wollaton Rd Beeston Nottinghamshire

NG9 2NZ

0333 400 463

info@ntnightrun.co.uk

<http://www.nationaltrust.org.uk/article-1355848050122/>

■ 2km

North West

21 December 2014

Rudolf Red Nose Race

Blackpool Fire Station

FY3 9RA

7.00Att./ 9.00 U/A.

Dave Waywell

114 Ashfield Rd BLACKPOOL Lancashire

FY2 0EN

01253 932715

waywell.dave@hotmail.co.uk

www.ukresults.net

■ 5miles

North West

26 December 2014

Knowsley Harriers Merseyvond Festive

4 miler

The Environment Centre, Okell Drive,

Liverpool

L26 7XB

£4 unattached / £2 attached

Knowsley Harriers

Entry on the day only

0151 220 4989

hughesdx@talktalk.net

<https://sites.google.com/site/halewood5kresultsservice/home/parkvond-challenge-1>

■ 4miles

West Midlands

27 December 2014

The Sunrise to Sunset Challenge

Lightmoor

TF4 3QS

£26/£28

Denzil Martin

35 Reynolds Wharf Coalport Telford

Shropshire TF8 7HU

07585 001006

running@themysterymachine.org

www.codrc.co.uk

■

South East

28 December 2014

Gut Buster

Butlers Lands Farm

RG7 2AG

£23

My Sporting Times

andy@mysportingtimes.com

<http://www.thegutbuster.co.uk>

■ 10miles

Yorkshire and Humberside

28 December 2014

Jolly Holly Jog 10k

Hell Wath Nature Reserve

£12 affiliated, £14 unaffiliated

Tim Joynson

07909 906069

racedirector@riponrunners.org.uk

<http://www.riponrunners.org.uk/jolly-holly-jog-10k>

■ 10km

South East

01 January 2015

The Lamberhurst New Years Day 5K

and 10k January 2015

Lamberhurst Village Hall

TN3 8DB

£14.00 attached £16.00 unattached £2.00

extra on the day

Martin Burke

Nice Work, Teviot, Malthouse Lane,

Peasmarsh, East Sussex

TN31 6TA

01797 230009

info@nice-work.org.uk

<http://www.nice-work.org.uk/events.php?id=138>

■ 10km

East Midlands

03 January 2015

No Walk in the Park

Queen's Park Cricket Pavilion,

Chesterfield

S40 2ND

£3/£5 On the day only

John Cannon

01246 566458

j.cannon846@btinternet.com

<http://northderbyshirerc.jimdo.com/>

■ 5km

London

04 January 2015

The Chasers Regents Park Grand Prix

10K Winter Series - Race 4

Regents Park

NW1 4RU

£14.00 attached £16.00 unattached £2.00

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extra on the day
 Martin Burke
 Nice Work, Teviot, Malthouse Lane,
 Peasmarsh, East Sussex TN31 6TA
01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/events.php?id=135>
 10km

Eastern

08 January 2015
The Gravesend Floodlit 5K and 10K Series - Race 4
Cyclopark
 DA11 7NP
 £8.00 attached £10.00 unattached £2.00 extra on the day
 Martin Burke
 Nice Work, Teviot, Malthouse Lane,
 Peasmarsh, East Sussex TN31 6TA
01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/events.php?id=90>
 10km

South East

10 January 2015
Runners Need G3 Race 1
Newlands Corner
 GU4 8SE
 £20
 Becky Russell
becky@aat-events.com
www.g3series.co.uk
 10km

South East

10 January 2015

Trailscape Rail to Trail - South - 10km
Ashurst, Kent
 TN3 9TE
 £29.50
 Trailscape
info@trailscape.co.uk
www.trailscape.co.uk
 10km

South East

10 January 2015
Trailscape Rail to Trail - South - Half Marathon
Ashurst, Kent
 TN3 9TE
 £34.50
 Trailscape
info@trailscape.co.uk
www.trailscape.co.uk
 13.1miles

South East

10 January 2015
Trailscape Rail to Trail - South - Marathon
Ashurst, Kent
 TN3 9TE
 £44.50
 Trailscape
info@trailscape.co.uk
www.trailscape.co.uk
 26.2miles

East Midlands

14 January 2015
The 2nd Leicester City Winter 5K Series - January
Victoria Park
 LE2 1ND
 £9.00 attached £11.00 unattached
 £2.00 extra on the day

Martin Burke
 Nice Work, Teviot, Malthouse Lane,
 Peasmarsh, East Sussex
 TN31 6TA
01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/index.php>
 5km

Wales

17 January 2015
CTS Anglesey 10K, Half Marathon, Marathon, Ultra
Holyhead, Anglesey
 £30-£60
 Freya
01548 312314
support@endurancelife.com
www.endurancelife.com

South West

18 January 2015
Bath Skyline (Race 3 of 4)
University of Bath
 BA2 7AY
 £12/£14 for Affiliated/Unaffiliated
 Tom Room
tom@relishrunningraces.com
<http://www.relishrunningraces.com/bath-skyline-10km.php>
 10km

North West

24 January 2015
National Trust Night Run Series
Lyme Park
 SK12 2NS
 £15
 National Trust
 72 Wollaton Rd Beeston Nottinghamshire
 NG9 2NZ
0333 400 463
info@ntnightrun.co.uk
<http://www.nationaltrust.org.uk/article-1355848050122/>
 2km

Eastern

25 January 2015
The 3rd Hadleigh 2012 Legacy 10k Run
Hadleigh Country Park
 SS7 2PP
 £13.00 attached £15.00 unattached £18 on the day
 Martin Burke
 Nice Work, Teviot, Malthouse Lane,
 Peasmarsh, East Sussex
 TN31 6TA
01797 230009
info@nice-work.org.uk
www.nice-work.org.uk
 10km

London

31 January 2015
Run Richmond Park 10K Race 1 2015
Sheen Gate, Richmond Park
 SW14 8BJ
 £17
 The Fix UK Ltd
 The Fix UK Suite 2, 31 Ashley Road Epsom
 Surrey
 KT18 5BD
020 8144 0797
info@thefixuk.com
<http://www.thefixevents.com>
 10km

London

31 January 2015
Run Richmond Park 5K Race 1 2015
Sheen Gate, Richmond Park

SW14 8BJ
 £14
 The Fix UK Ltd
 The Fix UK Suite 2, 31 Ashley Road Epsom
 Surrey
 KT18 5BD
020 8144 0797
info@thefixuk.com
<http://www.thefixevents.com>
 5km

South East

31 January 2015
Runners Need G3 Race 2
Newlands Corner
 GU4 8SE
 £20
 Becky Russell
becky@aat-events.com
www.g3series.co.uk
 10km

South East

31 January 2015
The Pilgrim Challenge 2015
Farnham
 £125 - £140
 B Thubron
info@xnrg.co.uk
<http://www.xnrg.co.uk/events/details/the-pilgrim-challenge-2015.aspx>
 66miles

London

01 February 2015
CRUK London Winter Run
Central London
 Human Race
chris.atkinson@humanrace.co.uk
<http://winterrunseries.co.uk/events/london-winter-run>
 10km

London

01 February 2015
The Chasers Regents Park Grand Prix
10K Winter Series - Race 5
Regents Park
 NW1 4RU
 £14.00 attached £16.00 unattached £2.00 extra on the day
 Martin Burke
 Nice Work, Teviot, Malthouse Lane,
 Peasmarsh, East Sussex
 TN31 6TA
01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/events.php?id=136>
 10km

2015 events

South Coast Run

5th July 2015
Martello Fields, BN25 1JX
 UK Triathlon
 Race entry fee - £13-23
www.southcoastrun.co.uk
01270 842800
 Race distance - Half Marathon, 10k and 5k

City of Birmingham Run

6th September 2015
Sutton Park, B74 3EW
 UK Triathlon
 Race entry fee - £14-17
www.cityofbirminghamrun.co.uk
01270 842800
 Race distance - 10k and 5k

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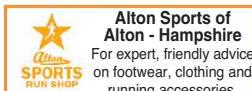

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Follow us on facebook or twitter
sales@peteblandsports.co.uk

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Colchester, Essex CO1 1BH
Facebook 53-12

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Home brew

Running fitness columnist John Brewer's running exploits are not nearly as well known as those in sports science. We're hoping to change all that: this month, John compares the successes of the Commonwealth Games and European Championships

As a lover of track and field athletics, last summer's Commonwealth Games and European Championships provided an exciting chance to witness two major tournaments in the same season. Whilst I enjoy the glamour and glitz of the big Diamond League meetings, nothing can beat the cut and thrust of real 'winner-takes-all' competition, devoid of pacemakers and appearance fees.

In recent years, the multi-event Commonwealth Games, which of course includes athletics, has been derided by some who see it as an 'inferior' tournament, best suited to up and coming athletes gaining experience. Yet it was interesting to compare the huge crowds watching the Commonwealth athletics tournament at Hamden Park stadium, which were in sharp contrast to the rows of empty seats that were all too apparent at the European Championships in Zurich, a city which has a long and illustrious tradition of hosting major athletics events. Lord Coe was one of the first to comment on the poor attendances at the European's, and suggested that athletics still has much to learn if it is going to attract large crowds for its own tournaments. With the World Athletics Championships coming to the UK in 2017, let's hope that UK Athletics and the IAAF can work together to get the pricing and marketing right, so that each session of athletics takes place in front of capacity crowds generating a great atmosphere.



Jo Pavey won gold at Zurich

IMAGES MARK SHEARMAN



ABOUT THE AUTHOR
John is professor of Applied Sport Science at St Mary's University, Twickenham. He was previously director of communications for Lucozade Sport and before that director of the Lillleshall Sports Injury and Human Performance Centre

To get a better idea of the relative standard of competition at the 2014 Commonwealth and European athletics championships, I did a very simple comparison of the winning performances, which makes for interesting reading. Of the 26 male and female track events (excluding the walks but including the relays), 16 of the winning times were faster at the 2014 Commonwealth championships when compared with the Europeans. There was no real pattern to the events that were won in the quickest times – whilst both male and female Commonwealth winning 100m times were faster than those at the European Champs, the opposite was true of the 200m races. The 5k and 10k winning times were all quicker at the Commonwealth Games, although

both winning marathon times were faster in Zurich. The figures suggest that anyone who thinks that track medals won at the Commonwealth Games no longer have the same value as those from other major championships needs to think again.

“Commonwealth Games athletics is in a healthy place”

However, the trend is very different when comparing winning performances in field events – only (perhaps surprisingly) the Commonwealth Games men's shot put and the women's javelin recorded winning distances that were greater than those at the Europeans. Does this suggest that Commonwealth Games field medals are 'easier' to obtain? In any competition you still have to beat your rivals to win, and this is never easy, regardless of the time or distance. There is no doubt that some of the Commonwealth field athletes need to perform at a higher level if they are going to compete on the European and World stages, but this seems to be less of a challenge for many of the Commonwealth's best track athletes. Of course this is a simplistic comparison, and does little to show strength in depth, or take account of conditions. Nevertheless, it does suggest that the Commonwealth Games athletics competition is in a healthy place, attracting crowds and a high level of performance that give it a rightful status as a meaningful and worthwhile championships.



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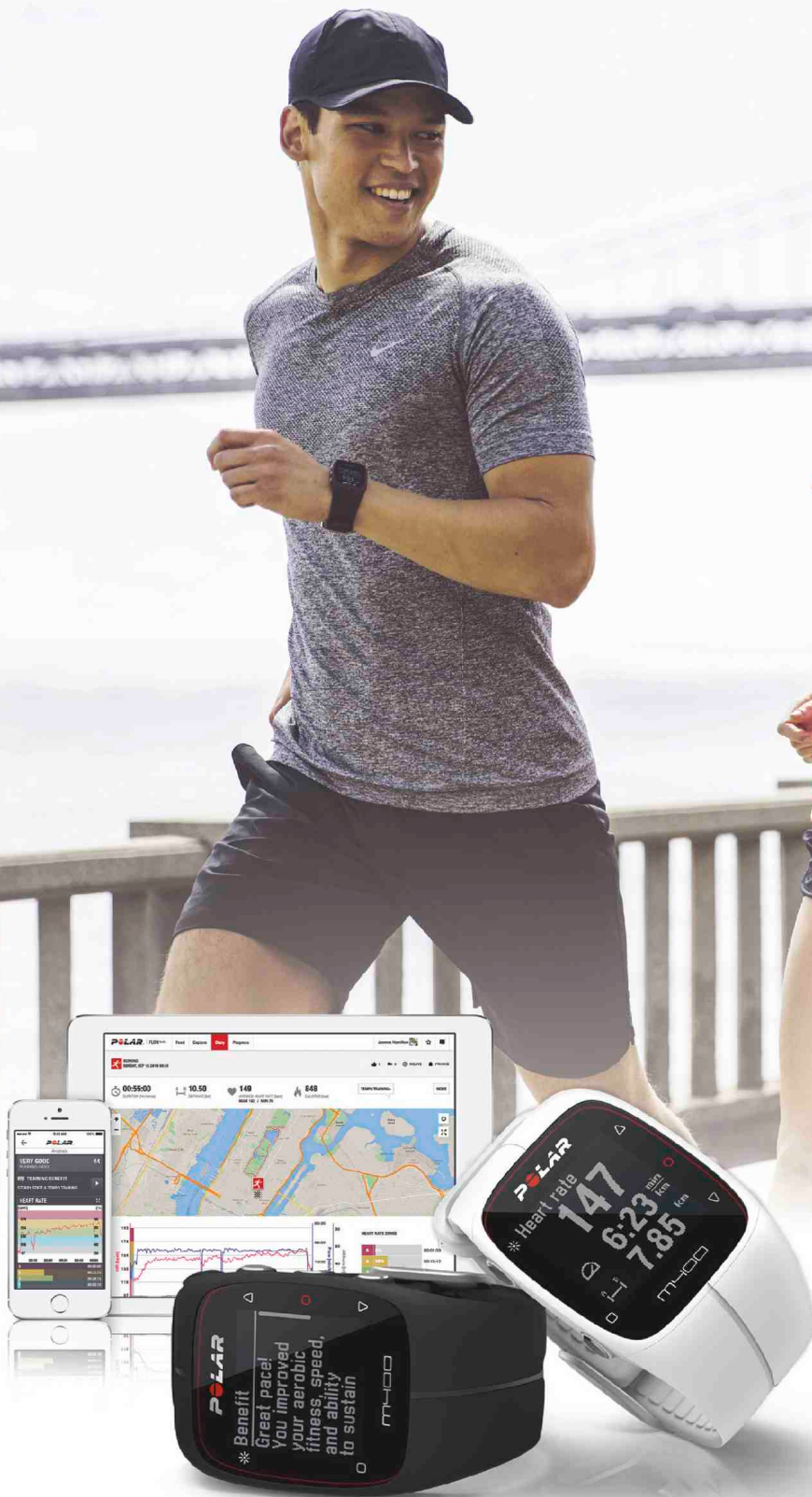
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